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Bangalore Mirror ON SUNDAY

TEMP Max 29 | Min 21 | Humidity 66% Scattered Thunderstorms Sensex 65,995 | Nifty 19,653 | Gold 56,898 | Silver 68,290 | Dollar 83.12 | Euro 88.12 | GBP 101.74

Civic activists flag design flaw, lack of awareness among motorists, pedestrians as pelican crossings come up at various locations

THE PELICAN BRIEF

Pilot has 40-odd signals installed, 31 operational

| Melvin Mathew
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TWEETS @BangaloreMIRROR

As BBMP rolls out global-standard pelican crossings across all zones in pilot mode, activists raised concerns over what they termed a lack of awareness among motorists about the project and inherent design flaws.

The new traffic signals are installed in parts of the city. Activists are worried these signals could lead to more accidents.

A key distinct feature is a button attached to the traffic signal pole that turns the signal to red for 20 seconds: this allows pedestrians to cross roads and navigate junctions safely without having to wait for the vehicles to stop.

The BBMP is rolling out pelican crossings across the city. Currently, an estimated 40-45 signals have been installed, of which 31 are completely operational. In the pilot mode, however, the civic body is not planning a large-scale expansion of these signals due to fund crunches.

"Currently, we have installed pelican signals at 40-45 locations. Work is pending for 14 signals. We have identified 30 new locations for installation as well. These pedestrian crossings are planned across

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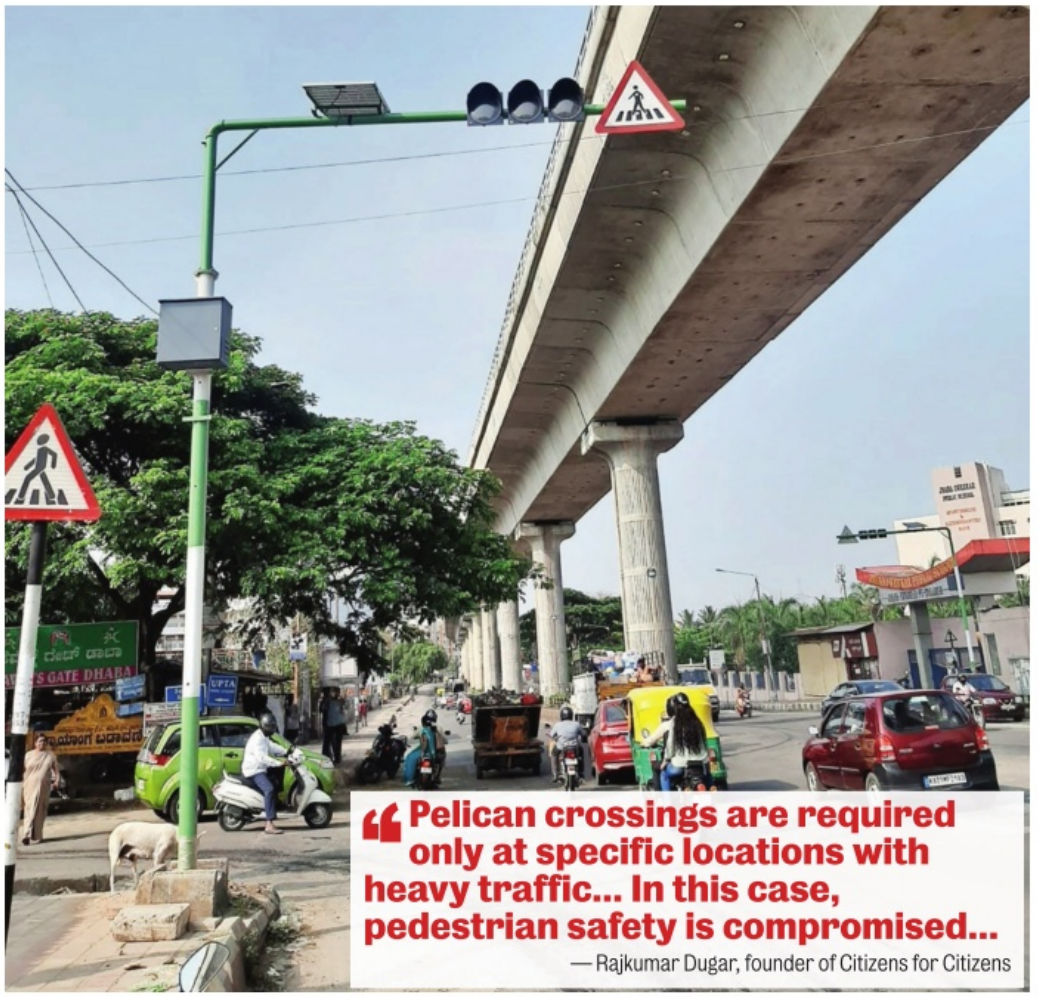

> "Pelican crossings are required only at specific locations with heavy traffic... In this case, pedestrian safety is compromised...
> — Rajkumar Dugar, founder of Citizens for Citizens

Where the wild fires are

Area affected by forest fire at 3793.13 sq km in Karnataka

| Garima Prasher
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TWEETS @BangaloreMIRROR

Karnataka saw over 400% increase in area that came under forest fires between 2020-21 and 2022-23. Data obtained from Karnataka Forest Department (KFD) showed while 693.14 sq km of forest area was affected in 2020-21, it went up to 3447.87 sq km in 2021-22, and in 2022-23 the total area affected stood at 3793.13 sq km.

The total number of forest fires doubled over the last couple of years. As many as 5,161 fire incidents were reported in 2022-23, compared to 2,366.15 in 2021-22 and 2,129.82 in 2020-21.

According to officials from KFD, the increase in fire incidents and fire-affected areas can be attributed to a combination of factors such as extreme weather conditions and technological advancements that can track even the smallest of fires.

"The situation in 2022-23 has been unprecedented due to extreme weather conditions leading to higher forest fire incidents and bigger areas affected by fire. Every state experienced increased fire incidents and in many instances, disaster management authorities had to pitch in. Higher incidence and larger area affected over the last couple of years can also be due to better technologies available. We can now trace and locate even smaller incidents owing to high-resolution satellite imagery," said a senior official from the Forest Resource

CONTINUED ON PAGE 4 »

3 THINGS TO DO

01 Elegant mode

Grab the chance to watch a very mesmerising performance brought by Nrityakosh, a renowned oriental and fusion belly dance school. The dance production, Arabian Nights, is a retelling of the legendary 1001 Nights. The event aims to bring a unique focus to the powerful women within the cherished tales. **Where: JSS Auditorium, Jagadguru Sri Shivarathreeswara Circle, 8th Block, 1st Main Road, Jayanagar, near Nethradhama Eye Hospital**
When: Saturday, October 14; 4 pm and 7 pm

02 Cartoonist's take

With the idea of creating awareness among citizens about tree plantations, Indian Cartoon Gallery is organising Treetoons. The exhibition features cartoons drawn by a popular cartoonist from Hyderabad, Chiluveru Mrityunjay. **Where: Indian Cartoon Gallery; When: until October 21**

03 Best acts

Ranga Shankara Theatre Festival 2023 is bringing some of the exclusive talents to centre stage. Watch some of the best plays from different parts of the country. The plays are showcased in different languages, and this year the audience can catch a play each in Kannada, Marathi, Tamil, Hini, and English. **Where: Ranga Shankara; When: October 27-November 1**

State govt on mission to end cervical cancer

District labs to be converted to HPV testing centres and vaccinations to be provided free of cost at all government schools in Karnataka

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In the past, the state government has come forward to eliminate many diseases like tuberculosis, malaria, lymphatic filariasis (LF), rabies, measles, and more. Now the state government is on a mission to eliminate cervical cancer. The Department of Health and Family Welfare Services will convert all the district laboratories into HPV testing centres and will soon initiate HPV vaccinations at government schools in Karnataka at free of cost.

A road map for ending cervical cancer in Karnataka through accessible screening and treatment was discussed by different experts and policymakers, including Health Minister Dinesh Gundu Rao, on Friday in an open panel discussion.

According to statistics, India has 1/4th of the global burden of cervical cancer. Cervical cancer accounts for 17% of all cancer deaths among women aged 30-69 years of age. During the lifetime, cervical cancer is estimated to occur among one in 53 Indian women, compared with one in 100 women in developed regions of the world. The cervical cancer deaths in the year 2019 alone were 45,300.

Cervical cancer is a type of cancer that develops in the cells of the cervix, which is the lower part of the uterus that connects to the vagina.

According to data revealed by Dr V Lokesh, Director and Professor, Kidwai Memorial Institute of Oncology, worldwide, cervical cancer is said to be the fourth most common cancer, with an estimated 604,127 new cases. The deaths are 341,831 in India, and 123,907 new cervical cancers are detected per year. The number of cancers in females in Karnataka reported annually is 96,630. Among them, 5,206 are cervical cancers per year.

> **"Plans are on to convert all covid laboratories to HPV testing centres from January next year. GOI has chosen Karnataka for pilot test** – Dr Srinivasa GA

The Human Papillomavirus (HPV) vaccine protects against at least HPV types 16 and 18, which cause the greatest risk of cervical cancer. The HPV vaccination had been recommended by the National Technical Advisory Group on Immunisation but has not been implemented in India as of 2018.

Dr Srinivasa GA, Deputy Director, State NCD Division, Directorate of HFW, said, "Plans are on to convert all covid laboratories to HPV testing centres from January next year. The government of India has chosen Karnataka as one of the states to carry out a pilot project of HPV vaccination, and soon we will have the HPV vaccinations conducted.

According to statistics, India has 1/4th of the global burden of cervical cancer; HPV vaccinations will be given at govt schools

We will be conducting the tests and giving out vaccinations at free of cost. The target is to vaccinate girls between 9 and 14 years of age in the government schools of all the districts."

What are the causes of cervical cancer?

Dr Sheela Mane, Vice Chair Elect, Indian College of Obstetrics and Gynaecology, said, "Any woman who is sexually active and is exposed to act in less than 18 years is more prone to cervical cancer. Women from lower-income groups are more susceptible to nutrition problems, and anaemic women are more likely to develop vaginal health issues. Promiscuity and smoking in women and HIV-positive women can end up with cervical cancer."

Speaking about the challenges and opportunities to accelerate progress in the elimination of cervical cancer, the experts pointed out that awareness and education stand as important aspects. Dr Vishal Rao, Country Director - Head Neck Surgical Oncology and Robotic Surgery, pointed out that cervical cancer is the only NCD that can actually be eliminated. Curbing the disease will make a significant contribution to reducing premature deaths by one-third by 2030.

"We need to implement a structure with a holistic approach. As we have the department of health and family welfare, the department of medical education, the department of women and family welfare, and the department of education, we have to come together in a collated manner," he said.

Pelican crossings: Pilot roll out criticised

CONTINUED FROM PAGE 1

Bengaluru. At present, pelican signals are operational on Richmond Road, BHEL Road, Rajajinagar, Mahadevapura, and Yelahanka and partly completed on Kanakapura Road. The signals are being manufactured by an India-based company; each signal costs Rs 5 lakh. An estimated Rs 2 crore is being spent by the Palike on pelican crossings," a senior BBMP official told BM.

What activists said

Activists are of the view that the signals are set up amid lack of proper awareness among motorists who are used to traditional signals.

"Pelican crossings are only required at specific locations with heavy traffic. It should be installed in areas with heavy vehicular traffic, stretches with a lot of pedestrians, and no traffic officials/junctions are available. When using a vehicle, I may not be aware of the pelican crossing and even pedestrians may not be aware. Without awareness, it could be quite ineffective. In this case, pedestrian safety is compromised more than motorists'," said Rajkumar Dugar, founder of Citizens for Citizens.

Dugar added that High Rise Pedestrian Crossings or HRPCs are a better alternative as they are cost-effective.

Activists criticised the design of the signals and urged the BBMP to involve the Directorate of Urban Land Transport (DULT) in the process.

"The primary problem with these pelican crossings is that they are not functional. There are design flaws. Normally the switch is used to alter the signals in place at eye level but in this case, it's above eye level. Hence, pedestrians are not aware of it. The traffic light is very high making it difficult for oncoming vehicles to spot the red light. Additionally, Palike should install rumble strips before HRPCs to slow down vehicles and stop for the pedestrian crossing. BBMP should seek the help of DULT," said Sandeep Anirudhan, civic activist.

12 burnt alive in cracker shop blast near Attibele

In a tragic incident near the city, 12 people are reported to have perished in a cracker mishap on Saturday evening. The tragedy unfolded when a fire erupted during the unloading of firecrackers at a shop in the Attibele border area, straddling the Karnataka-Tamil Nadu border of Attibele-Hosur, known for numerous cracker shops. The ill-fated incident occurred in the warehouse of Balaji Crackers, owned by one Naveen. The fire erupted around 3:30 pm, and it took the fire brigade personnel four hours of continuous effort to extinguish the flames.

As Deepavali is round the corner, firecrackers had been procured from Sivakasi and stored there. One of the batches ignited, leading to the entire shop catching fire. Over 20 people were present in the store at the time, and upon hearing the explosion, they scattered in different directions. Many suffered severe burns, and tragically, 12 lost their lives. Four individuals miraculously escaped, including shop owner Naveen, who sustained injuries. Most of the store's workers hail from Tamil Nadu. It is said that there were no fire extinguishers.

The Karnataka-Tamil Nadu border along Tamil Nadu border boasts of numerous shops selling firecrackers at affordable prices. Traders bring firecrackers from Sivakasi and other places, selling them at wholesale rates. Many people, including those from Bengaluru visit this area to purchase firecrackers. The death toll may rise as some individuals reportedly remain unaccounted for. Given the proximity of the cracker shop to the busy Attibele-Hosur road, a massive traffic jam ensued, exacerbating the existing heavy traffic density due to weekend traffic.

Bengaluru Rural SP Mallikarjun said, "We have recovered 12 bodies so far, with 10 individuals from Tamil Nadu and the remaining from Karnataka. The rescue operation to extract those trapped inside was ongoing late into the night, with an FSL team arriving at the scene." Following the cracker blast, a canter vehicle, two Tata Ace, and seven bikes near the shop were also engulfed in flames.

Kamal Pant (Director General of Police and Director General, Fire & Emergency Services) added, "A fire broke out in the firework godown. As soon as the information was received, the fire engine arrived, but it was challenging to control due to its magnitude. No permission had been obtained from the fire department, and there's an evident violation of fire regulations. Appropriate action has been taken." **BMB**

Crash on campus

2 students injured after professor's car rams them at Maharani College campus; cry for vehicle ban gathers steam

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A professor is said to have run amok behind the wheel, leaving two students severely injured and causing significant property damage at the Maharani College on Saturday morning. The two girl students were taken to the hospital, where one of them is in a critical condition. Authorities and witnesses are currently looking into the circumstances behind the professor's reckless driving on college grounds.

The two students have been identified as Ashwini and Nandupriya. Ashwini has been admitted to the nearby St. Martha's Hospital due to her critical condition. The extent of the pupils' injuries was evident from the accident scene, which had a lot of blood.

According to sources, the accident happened because the professor was speeding within the college's grounds, where students and staff members stroll. The college expects strict adherence to the posted speed limit. But, it is claimed that Professor Nagaraj drove at a dangerously high speed and struck the kids who were walking in front of him. He then struck another automobile that was going slow, which caused more damage.

The accused is suspected of having used the accelerator rather than the brake, while parking, which resulted in the accident, said the police.

According to sources, along with the students, another female teacher was also hit by the car.

This isn't the first time when accidents have occurred on college campuses in the city. Last year, three accidents occurred on three consecutive days in Bangalore University. At that time, students had protested that public vehicles should not be allowed inside the campus.

The recent incident has sparked the debate again and students are questioning why vehicles are being allowed on the campus.

Lakshya Raj, a student activist, told BM, "These accidents keep happening and no action is taken. We want the university to build a big parking space just outside the campus, where students and teachers can park their vehicles and then walk to their classes."

Another student activist, Lokesh Ram, added that the government has no intention to solve matters related to students' safety.

"It's been our demand for a while that no public vehicle be allowed to enter the campuses, but the government doesn't want to take any action. They know that they will have to add infrastructure to make this happen, and they are not ready to invest in it," said Lokesh.

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City of gardens or sewage streams?

The drains which are meant to carry rainwater have been overrun by untreated sewage water, turning them into foul-smelling eyesores

Kaverappa Layout grapples with sewage overflow, raises concerns over civic amenities

| Iffath Fathima
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TWEETS @BangaloreMIRROR

The residents of Kaverappa Layout in Bhoganhalli, Bengaluru, face a critical issue of the continual flow of sewage water in roadside drains. This long-standing problem poses significant health hazards and sheds light on the city's shortcomings in sustainable development and basic civic amenities.

In the vicinity of Kadubeesanahalli's BSR Paradise Road, nestled within the new Kaverappa Layout at Bhoganhalli in Marathahalli's Ward No. 114, a pre-existing underground drainage system (UGD) is already in place. Simultaneously, construction is underway for a new 150-ft road. Residents believe that connecting the existing 20-ft drain on Sai Road to one located 100 to 150 meters away could effectively manage the sewage water issue plaguing the area.

Vocal about their plight, one resident said, "The drains, which are meant to carry rainwater and prevent flooding, have been overrun by untreated sewage water, turning them into foul-smelling eyesores. Despite my repeated complaints to the BWSSB, no action has been taken so far. The authorities inspect the situation on-site, only to cite legal complications that hinder immediate resolution. The BWSSB and the BBMP are playing a blame game. The MLA of the area is also aware of this issue. The stagnant water has created a breeding ground for mosquitoes, and the road conditions deteriorate further during rainfall."

> **"The stagnant water has created a breeding ground for mosquitoes, and the road conditions deteriorate further during rainfall** – A resident

Milind Kulabkar, Governing Council Member of BNP, emphasised the need for more public awareness regarding the consequences of allowing sewage into roadside drains and the inadequacy of sewage infrastructure in the city. He said, "The situation is a stark reminder of the city's inability to manage its waste and wastewater effectively."

Another resident said, "Due to the water coming on the roads, the entire stretch is stinking, and people are even unable to walk on the stretch. With the higher incidences of dengue, it is terrifying for residents to see the drain water on the road, as it could even lead to mosquito breeding. We want the authorities to fix the issue at the earliest."

The members from BNP highlighted the absence of local representatives due to the lack of BBMP elections, which has left the community to grapple with unaddressed civic issues. This situation underscores the importance of having elected officials who can ensure that residents' concerns are heard and resolved at the local level in a timely manner.

Vishnu Reddy, Zonal President of BNP for Mahadevapura Zone, said, "Our community deserves clean and functional drainage systems, not foul-smelling eyesores. The blame game and irresponsibility within civic agencies only lead to inconvenience for our residents. It's time for these agencies to work together, take ownership of the issue, and find effective and lasting solutions. Instead of passing the buck, authorities must work together and concentrate on ensuring the well-being of our residents."

5,161 forest fires in Karnataka in 2022-23

CONTINUED FROM PAGE 1

Management wing of the Karnataka Forest Department.

The department is conducting an assessment of the affected area with the help of Environmental Management and Policy Research Institute (EMPRI) to understand the impact of forest fires on forest types and the pace at which it is recouping.

While forest fire incidents over the last two years have been at a peak, officials said the upcoming forest fire season is expected to be calmer. However, the department is gearing up with an action plan in place along with the procurement of new technologies to fight the situation. "The general trend of fire incidents showed the upcoming season will be less eventful as most of the biomass accumulated has burnt. However, we are in the process of preparing an action plan to ensure we can tackle the situation more efficiently. Apart from spreading awareness among locals, creating and maintaining fire-lines, and engaging more foot soldiers, we are also procuring equipment including thermal sensor-based drone technology. The department has procured three more drones this year for better management of fire incidents in the upcoming season," informed the official.

Experts said it is a lack of preparedness, monitoring, and accountability on the part of the department that has manifested itself in these numbers. While civil work is put on the highest pedestal by KFD officials, forest fire management takes the last priority, said experts.

They stressed that fire-line creation and watch & ward are the two most important aspects of managing forest fires. However, KFD is often late in fire-line creation.

"The department is more interested in carrying out civil work; fire preventive strategies are given the last priority. While forest fire-lines must be created between January and February every year, the department is often lagging with the task. There is a scarcity of forest watchers or foot soldiers, making the situation worse. Moreover, the decision-makers often have limited understanding of the issue as the majority of them are sitting in their offices. All these issues crop up due to lack of priority," said an expert.

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Tree trouble

Fraser Town

In Fraser Town, trees pose a significant hazard as they can fall anytime, especially on Promenade Road near Kamala and Lavina Mansions.

Pothole menace

Horamavu

Horamavu Agara Main Road near the railway level crossing is plagued with dangerous potholes, causing frequent accidents. The BBMP has remained unresponsive to this issue.

Unsanitary mess

Kasturi Nagar

Ashwathkatte Road in Kasturi Nagar, particularly at 16/18, 3rd Cross, faces a severe garbage disposal problem. Half the road is overrun with trash, creating unsanitary conditions for residents.

Whispers of pain

Shocking stats reveal that nearly 19% of rural elderly experience various forms of abuse

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TWEETS @BangaloreMirror

The state of risk of developing depression is closely associated with symptoms of poor mental well-being. The elderly who are at higher risk of depression have symptoms of anxiety and boredom

In a survey targeting individuals aged 60 years and above in rural areas of Bengaluru, a team of researchers from Bengaluru and Mandya districts discovered alarming statistics regarding elder abuse. Out of 355 respondents, nearly 19% reported experiencing various forms of abuse, from physical to emotional mistreatment.

The study further reveals that a significant portion (58.46%) of those subjected to abuse fell within the 60-69 age group. Disrespect was the most prevalent form of elder abuse, closely followed by verbal, physical, and neglect. Particularly, neglect was strongly associated with diminished mental well-being.

In more than 40% of cases, the daughter-in-law alone or in unison with the son abused older people in their family. In 21% of cases, the perpetrator was a close relative. In the rest of the cases, the elderly were abused by their son, daughter, or spouse. Out of the total abuse cases, 72.31% were that of older women, and 27.69% were men. Researchers also noted that those belonging to the lower middle and lower classes were abused more than the middle classes and above.

The study also highlights that the mental well-being of the elderly and the risk of developing depression are interlinked with abuse. Aged persons are vulnerable to becoming more isolated, unable to express their needs, and feeling less important due to their physiological changes in the face of changing societal structures. As their needs are not expressed clearly, they take a backseat.

Researchers further underlined that in older adults who have no one to confide in about their abusive experiences, this isolation can contribute to depressive symptoms.

"The state of risk of developing depression is closely associated with symptoms of poor mental well-being. The elderly who are at higher risk of depression have symptoms of anxiety and boredom and tend to be socially handicapped. When such individuals experience abuse from their family members, it can result in full-blown depression, as they may become anxious about the future and experience feelings of despair. While the risk of developing depression in the elderly is interlinked with abuse, which one is the cause and which one is an effect is an area that needs further probing," noted the study conducted by researchers from Vydehi Institute of Medical Sciences and Research Centre in Bengaluru and Mandya Institute of Medical Sciences. The study was published in the National Journal of Community Medicine.

Bitcoin scam: CID raids investigators

The Criminal Investigating Department (CID) conducted raids on the residences of five investigation officers linked to the Bitcoin scam, allegedly involved with the kingpin hacker in Karnataka. The Special Investigation Team (SIT) conducted these raids at seven locations against five investigating officers amid allegations that the officers mishandled the case and tampered with evidence, possibly in collusion with the alleged kingpin hacker, Sriki.

The raids were conducted in Bommanahalli, Koramangala and other locations.

CID special team had arrested Harvindar Singh, Nitin Mehsram and Darshit Patel recently in Nagpur, Maharashtra, in connection with the hacking of the e-procurement portal of Karnataka government by joining hands with the prime accused Sriki. The government had allotted the services of cyber forensic and crypto currency experts to assist the SIT team in probing the Bitcoin scam.

The SIT team had conducted raids on the residences of the main accused persons, including the alleged kingpin in Bengaluru, in connection with the Bitcoin scandal last month.

The Congress government had recently issued an order directing reinvestigation into the sensational Bitcoin scam allegedly involving top BJP leaders in the state.

Sources explain that the Bitcoin scandal had taken place after the arrest of alleged international hacker Srikrishna, a.k.a Sriki, by the CCB police in Bengaluru. It was alleged that the ruling BJP leaders had minted huge amounts of money using the accused hacker, allowing him to commit the scandal in custody in 2020.

The police had arrested the accused while allegedly selling drugs. The probe revealed that the accused had siphoned off Rs 11 crore by hacking into online gaming companies and government web portals. The accused had allegedly converted the money into Bitcoins and carried out drug peddling in Bengaluru.

In his series of tweets, Karnataka in-charge Randeep Singh Surjewala had attacked the BJP central leadership and former Chief Minister Basavaraj Bommai over the Bitcoin scandal.

"What is the role and responsibility of the Basavaraj Bommai? And others in the state government?" Surjewala had questioned, causing severe embarrassment to the BJP. –IANS

'Mentally ill' mobile thief caught

A man who faked mental illness to steal wallets and phones from bus passengers has been apprehended by city police. The suspect, identified as Vinay, hailing from Chittoor, had been residing near KR Puram, where he allegedly stole and sold mobile phones to sustain himself.

Following the arrest of the accused, law enforcement discovered over 150 mobile phones, jewellery and cash in his possession. Police officials noted that the suspect would transfer money if the stolen phones lacked password protection. Following a surge of complaints regarding stolen cell phones through the CEIR portal, the Hosakote police assembled a team to track down the perpetrator. –BMB

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

SERENITY IN NATURE

The photo is from Kenchanagudda, on the banks of Tungabhadra. Our reader says he was very excited to see the article on his hometown Kenchangudda in Trippin Tales of BM published on Friday. This village happens to be his grandmother's place. He loves this place, and adds that it has the best picturesque places around the village. Every year, he visits this place with his family to attend the Aradhana Mahotsava of Vasudendra Teertha.

The picture was clicked by BM reader **Bhaskar Rao**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Blocked drain: Citizen gets his hands dirty

Annoyed by waterlogging opposite flyover on service road of ORR, man ends up cleaning gutter inlets himself

| Ahna Prakash
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TWEETS @BangaloreMIRROR

As a result of BBMP's apathy, residents have now taken the matter into their own hands. In a recent incident, a resident had to do manual scavenging to unclog waterlogged areas.

While passing by the Hennur Police Station, Dushyant Dubey, a resident, saw a massive amount of waterlogging, exactly opposite the flyover on a service road on the Outer Ring Road. He parked the bike because he figured that he would unblock the storm water drain and gutter inlets, and the water would just flow into the main gutter line afterwards.

"After about 30 minutes of trying my best to unclog the inlets, I realised that not all inlets were clogged. Water was freely going through some of them, so I kept walking to see where the main line was choked, and that brought me to the spot of the main line, which was around five and a half feet deep. I'm sure it is supposed to be much deeper, but the amount of garbage and trash that has been piled up there has reduced the depth," said Dubey.

After trying his best to unclog it using tools, he went for the last option, which was to step into the drain himself and manually scavenge for whatever garbage was blocking the main drain. "I stepped in, and after hours of effort, I realised that the entire main line was choked. These are huge pipes that take the water into the actual drain, and somehow enough garbage, silt, etc. had built up there that, despite me extracting no less than 100 kilo of garbage manually over a span of several hours, not a single drop of water went in," he explained.

> **"Not even one inlet had a cover. It's not even a question of the covers being stolen; there's never been a cover** –Dushyant Dubey

Furthermore, he said that this essentially means that this particular drain has not been cleaned for several years, probably a decade at this point, and there has been enough garbage buildup that it is now completely choked. "Every single inlet had no cover. It's not even a question of the covers being stolen; there has never been a cover on those inlets. BBMP and BWSSB simply haven't bothered. The spot I dove into the gutter water, imagine someone falling into that trench by mistake. It was completely unprotected and absolutely uncovered," he mentioned.

Dushyant Dubey stepped into the drain at Outer Ring Road to clear it of garbage

DID YOU KNOW?

Dharam Narayan Singh served as the Chief Minister of Karnataka from May 28, 2004 to January 28, 2006. He was also the president of the Karnataka Pradesh Congress Committee. He was born in the village of Nelogi in Jevargi Taluk, Kalaburagi. He joined the Indian National Congress in the late 1960s. He is remembered to have held various ministries in the state, such as home, social welfare, excise, and more. After Veerendra Patil, he was the second leader from Kalaburgi to become Chief Minister.

GET HEARD WITH MIRROR

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Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

What changes or developments would you like to see in Bengaluru in the next five years?

Chandrika Krishna, BM Reader
Reduced random parking on roads. Prepaid autos in metro stations. Reduction in throwing garbage in random spaces. Dog parents should be punished for letting their dogs poop on roads.

Krishna, BM Reader
Long-lasting and well-maintained footpaths are essential. More trees are to be planted. No cement roads, as water cannot seep in, which in turn reduces the groundwater level. Dustbins for each road instead of landfills.

Chandra Kumar, BM Reader
Address traffic problems at a micro-level. Tunnel the road at Hebbal junction for airport road or detour airport road to avoid Hebbal junction.

Avanish Harish, BM Reader
I would like to see an improvement in the quality and infrastructure of the primary healthcare centres through increased government spending in the public health sector, thereby facilitating greater accessibility and affordability of health services.

Ashwin Mandoth, BM Reader
There are way too many potholes, and I have fallen down a lot of times while riding my bike. All potholes have to be filled.

Srivathsa Hulikal, BM Reader
Bangalore's development in the next five years includes several key priorities. This includes the pressing need for improved infrastructure, encompassing upgrades to roads, public transportation, and utilities to relieve traffic congestion and foster better connectivity.

SPEAK TO US

What would you recommend to someone visiting Bengaluru for the first time to make the most of their trip?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

consumer connect initiative

Vijay Karnataka: The conscience keeper

VK Silver Jubilee Logo Released | 35 fruit saplings planted to launch Green Karnataka campaign in Chitradurga & Davangere

MLA K.S. Basavanthappa at a programme held at the TV station lake grounds in Davangere. He unveiled the logo of 'VK Silver Jubilee Celebration'. Former minister S.A. Ravindranath, Folk Scholar Dr. M.G. Eshwarappa, former MLA Mahima Patel and others were present.

Union Minister of State A Narayanaswamy released the logo of The Vijay Karnataka Silver Jubilee celebrations organised at the Government Arts College premises in Chitradurga on Wednesday. MLC K.S. Naveen and others were present.

Vijay Karnataka, a leader among its peers: Eshwarappa

Davangere: As a newspaper, Vijay Karnataka not only brings current affairs to us every day with utmost clarity, but also instils in us socially-oriented thoughts that awakens our consciousness," said folk scholar Dr. M.G. Eshwarappa.

He was delivering the keynote address at the launch of the 'Green Karnataka' campaign and the release of the silver jubilee logo of Vijay Karnataka at the TV Station Lake premises here on Wednesday to mark the 25th anniversary of its inception.

Vijay Karnataka, as a newspaper, has been working to alert us socially. Be it politics, religion, culture, and etc. Vijay Karnataka has served as a leading light. The newspaper is working to create awareness among its readers on various issues, he said. "Wherever there is celebration in the society, Vijay Karnataka will be present there. It makes sure that the issues taken up reach a logical end," said Dr Eshwarappa.

Former minister S.A. Ravindranath presided over the function. MLA K.S. Basavanthappa, farmer leader Tejaswi Patel, former DODA president K.M. Suresh, Shivanakere Basavalingappa and Jayadeva Patel of Karuna Jeeva Kalyana Trust, Prof. Gurudev, NSS Programmer of Government First Grade College and PG Centre, Prof. Rajkumar, NSS Programmer of First Grade Women's College Dr. B.R. Mohammad Ali, students of both the colleges were present.

Leader among the peers

"It is not easy for a newspaper to complete 25 years. This is an occasion when the newspaper sets its sight on playing a long innings. Vijay Karnataka is known for its experiments and innovations till date. Reading the newspaper every day brings us something new. Vijay Karnataka stands out clearly as a leader among its peers for its unique style of presenting news, said Dr. M.G. Eshwarappa.

Let its presence increase

Former MLA Mahima J Patel, who launched the 'Green Karnataka' programme, said, "Vijay Karnataka, which has completed 25 years, has completed brahmacharya and is entering grihasthashram. The reach and presence of the newspaper should increase many-fold from here. I am confident that the newspaper has grown strong enough to nurture, support and take good care of all those who are with it. The newspaper is led by people with good ideas. May this journey of success continue." ■

Union Minister of State for Home A Narayanaswamy launched the 'Green Karnataka' campaign by planting a sapling at the Vijay Karnataka Silver Jubilee celebrations organised at the Government Arts College premises in Chitradurga on Wednesday.

Former Minister S.A. Ravindranath participated in the 'VK Silver Jubilee' programme at Davangere TV station lake premises by planting and watering the saplings. MLA K.S. Basavanthappa, former DODA President K.M. Suresh, DCF, Social Forestry Division, N.S. Raghavendra Rao and others were present.

NSS students of Government First Grade College and Women's College planted saplings as part of 'VK Silver Jubilee' at Davangere TV station lake yard. NSS programmers and lecturers also took part.

People need media to keep abreast of happenings: Union Minister Narayanaswamy

Chitradurga: Union Minister of State for Social Justice and Empowerment A Narayanaswamy said the media is meant to keep every person in the society aware of happenings around them. He was speaking after launching the Green Karnataka Campaign by planting a sapling at the Vijay Karnataka Silver Jubilee celebrations organised at the Government Arts College premises. "Media is all about making us aware of the happenings around us," he said.

When politicians, bureaucrats and anyone in public life takes a wrong step, it is the media which corrects us. Vijay Karnataka is doing an exemplary job as a beacon of light against social ills.

MLC K S Naveen said that the media is doing the job of alerting everyone. Vijay Karnataka has launched the Green Karnataka campaign and is working to make every Kannadiga feel happy.

The fourth pillar of democracy is the media. The media in general and Vijay Karnataka in particular, is working to alert politicians, bureaucrats or those working in different fields. Vijay Karnataka is working to create awareness about their responsibilities in a simple, direct and understandable manner, he said.

Prof. L. Nagarajappa, Head, Department of Political Science at the College, said that the role of the press is very important in correcting the distortions in the society. Vijay Karnataka has been publishing news from all sections of the society without any bias which is great, he opined.

Speaking on the occasion, NCC Officer Lt Dr. S.R. Lepaksha said that Vijay Karnataka has pioneered innovation in the field of journalism by publishing district-level news in local editions. He hoped that the paper would scale new heights of success in the coming days.

Government Arts College Principal Prof. B.T. Thipperudraswamy, Advocate Leeladhar Thakur, Vijay Karnataka Chitradurga, Davanagere Edition Resident Editor Sadananda Hegde, Chitradurga District Reporter M.N. Ahobalapati and others were present.

Vijay Karnataka stands as one of the best among the existing newspapers. Vijaya Karnataka, which has completed 25 meaningful years in akshara seva, especially in the field of science and technology, is very informative. The newspaper has been giving importance to news from all walks of life.

■S.A. Ravindranath
former minister.

Apart from state, national and international news, VK is working to meet, listen, talk and encourage farmers, actors, teachers, businessmen and students.

■ Dr. M.G. Eshwarappa
Folk Scholar, Davanagere

Vijay Karnataka has successfully completed 25 years. Let the newspaper serve Kannada and Karnataka many more years to come. As usual, let us spread the news of justice for the farmers, the poor and the voiceless. Let the work of correcting the society continue without fail.

■ K.S. Basavanthappa Mayakonda MLA

Vijay Karnataka is celebrating its silver jubilee which means that the newspaper has gained and retains the trust of millions of Kannada readers. VK has completed 25 years because of its emphasis on democratic ideals and humanitarian aspects.

■Tejashwi Patel
Farmer leader

The media is working to educate society about how science affects the growth of the country and its people. Vijay Karnataka, in particular, is playing an important role in these matters. Good luck to the newspaper.

■ K.S. Naveen, MLC

VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

Carrier of mother's ideals to excel new heights of success in educational field

Sanketh Shetty's Educational Odyssey

Sanketh K Shetty, after achieving considerable success with a lucrative position in a private company following his completion of B.E. and MBA degrees, has embarked on a new chapter. Taking the reins of Vivekananda International Public (VIP) High School at Adugodi, fulfilling his mother's aspirations and dreams, he further honed his teaching skills through a two-year B.Ed program. This phase also saw the integration of cutting-edge technology into the school, alongside the inception of a PU College—a testament to his evolving success story.

The school is being run as per mother's wish. Our student's score of 625 out of 625 in SSLC is a reflection of the quality of education we provide. Our aim is to provide good education to the poor children and make them attain a higher position in society.

– Sanketh K. Shetty, Principal, VIP High School & PU College

Bengaluru, hailed as an educational hub in the country, boasts to a select few prestigious schools that truly embodies the city's educational excellence, and among them stands the esteemed Adugodi-based Vivekananda International Public High School. Renowned for its innovative teaching methodologies, this high school has witnessed students achieving brilliant results. At the forefront of success is the visionary educationist, Sanketh K. Shetty, Principal, VIP High School & PU College 'VIP High School,' founded by the dynamic duo Sakamma K. Shetty and Kushal Shetty. Now, the school has undergone a transformative journey under the stewardship of their visionary son, Sanketh K. Shetty.

A graduate in B.E. and MBA, Sanketh Shetty made the bold decision to forgo a lucrative IT job, opting instead to fulfill his mother's heartfelt wish by assuming the helm of the school. This shift marked the initiation of PUC classes, responding to the clamor of students transitioning from SSLC.

From its modest inception in 1998 with a handful of students, the school has grown into an educational haven, now catering to thousands. Sanketh Shetty holds an engineering degree and has earned an MBA, and his brother Saurabh K Shetty, is a doctor—each contributing collaboratively to foster the school's development.

Sanketh, a once-lucrative engineer, embraced a new role as an educationist, aligning the school's trajectory with his mother's aspirations and guidance. The stellar achievement of a student scoring 625 out of 625 in SSLC stands as a testament to the quality of education imparted, fulfilling the vision of uplifting underprivileged children to higher societal echelons.

Venturing beyond, Sanketh initiated 'VIP Composite PU College,' enrolling 70 students in 2023-24. A sports enthusiast since college, he has infused a passion for athletics by personally providing training at all levels. The school's commitment extends beyond academic prowess, focusing on moral, cultural, and sports activities to preserve our country's rich cultural heritage.

Sanketh's mission to usher in a new era of education includes the integration of modern technology, smart boards, and skilled teachers. The school's commitment to excellence is echoed in its coaching programs for competitive exams like CET, NEET, and JEE, ensuring students are well-prepared for the future. Today, VIP High School stands as a beacon, offering education from pre K G to P.U.C.

CONTACT: 080-22120030
www.viphighschool.org

VIP HIGH SCHOOL'S USP

TOP ACHIEVER: Student J.R. Likhit Gowda clinched the top position in the state with a perfect score of 625 out of 625. Likith said, "There is success beyond boundaries and we did it."

EXCEPTIONAL RESULTS: The school boasts a stellar 100% result record to earn recognition in academics.

HOLISTIC EDUCATION: VIP High School places a strong emphasis on holistic education, ensuring a well-rounded development for its students.

SPORTS EXCELLENCE: The school's students shine not only academically but also in national-level sports, showcasing their sports skills to bring laurels and medals from state and national level.

MERIT-BASED PUC ADMISSION: VIP High School offers free admission to PUC for students who achieve an outstanding 98% score in SSLC, promoting and rewarding academic merit as a token of apprisal.

Transforming Lives Through Education

Seshadripuram's Enduring Legacy

Impressive Professional Journey

Born into a family of freedom fighters in Bangalore in 1963, Dr. Krishna has cultivated an impressive academic and professional journey. Having pursued his education at the prestigious Shri Ramakrishna Vidyashala in Mysore, he holds a Ph.D. in Management, complemented by a Masters' degrees in Mechanical Engineering and Law. Professionally, he is a Chartered Engineer with expertise in the valuation of industrial assets. Dr. Krishna has served as a Member of the Karnataka State Disaster Management Authority and held the esteemed position of President at the Karnataka State Center of the Institution of Engineers (India).

His global recognition includes being honoured as a Fellow of the highest international level by the Institution of Engineering and Technology of the UK, as well as receiving a fellowship from Canada's World Academy of Productivity Science. Dr. Krishna's contributions have not gone unnoticed, and he has been bestowed with the prestigious Karnataka Rajyotsava Award. Additionally, Kannada University, Hampi has recognised his accomplishments with Nadoja Award which is equivalent to Honorary Degree of Doctor of Literature and Bangalore University has honoured him with the Degree of 'Doctor of Letters' (Honoris Causa).

In the bustling heart of Bengaluru, the Seshadripuram Educational Trust was founded in 1930 by two visionary women, Anandamma and Seethamma, with a noble mission—to provide education to the impoverished. What began as a humble primary school for 20 children in two rooms blossomed into a thriving educational group, thanks to the benevolence of the Maharaja of Mysore, who bestowed 2.5 acres of land upon the trust.

Guiding this transformation for the past two decades is Nadoja Dr Wooday P Krishna, the Honorary General Secretary of Seshadripuram Education Trust. Recognized as the pioneer of an education revolution, Krishna's leadership has catapulted the institution into an educational powerhouse, with over 24 thousand students benefiting from its offerings.

In the wake of privatisation, education is veering towards commercialisation. Amidst this transformation, our commitment is to furnish students with quality education at an affordable cost, nurturing them into exemplary individuals within society.

— Dr. Wooday P. Krishna
Honorary General Secretary
Seshadripuram Educational Trust

Seshadripuram Education Institutions, under Krishna's stewardship, is renowned for providing quality education at affordable fees—a beacon of learning for the economically disadvantaged. From kindergarten to Ph.D. programs, the group focuses on 'General Education' and aspires to introduce engineering courses in the near future.

Beyond academics, moral education takes center stage at Seshadripuram. Initiatives like 'taking Gandhi to School' aim to instill Gandhian principles in school children, and dedicated study centers named after eminent figures like Dr. B.R. Ambedkar, Basavanna, Swamy Vivekananda, and Gandhiji offer moral education to graduate students.

Noteworthy for its commitment to inclusive education, Seshadripuram Educational Trust stands out by providing low-budget, low-cost modern education. It extends coaching for JEE, NEET, and CET to science students and offers CA coaching to commerce students, making quality education accessible to all.

Wooday P. Krishna, hailing from a family of freedom fighters, not only shoulders the responsibilities of the organization as the Honorary Secretary of the Trust but also serves as the President of the Karnataka Gandhi Smaraka Nidhi. In every facet, Seshadripuram's enduring legacy continues to transform lives through education.

MBA & MCA COURSES LAUNCHED AT TWO DEGREE COLLEGES

This year marks a significant development as two degree colleges introduce MBA and MCA programs.

These institutions, adorned with NCC, NSS, and Youth Red Cross programs, prioritise holistic development. Notably, they have achieved an A++ rating from NAAC, solidifying their commitment to academic excellence.

Distinguished alumni, including Dharmasthala Dharmadhikari Veerendra Heggade and scientist VK Atre, reflect the group's esteemed legacy.

CONTACT: 080-22955354
pg.spmcollege.ac.in

VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

Priyanka Jain's trailblazing journey in real estate with Vaibhav Group

Breaking Stereotypes

SUCCESS MANTRA

Priyanka Jain is turning the dreams of the middle class into reality through the establishment of 'Vaibhav Group' in the real estate sector. There is no case of any risks or disputes as Priyanka meticulously addresses these concerns by subjecting the process to a thorough verification involving three legal experts, providing customers with a solid guarantee. Post RERA approval, the layout development kicks off, and customer applications are invited. A modest initial deposit of Rs 50,000 is collected, affording buyers an 8-day window for inquiries and contemplation. In the event of dissatisfaction, the entire deposit is promptly refunded. For those seeking to invest, Priyanka offers a flexible arrangement where investors contribute 25% of the required funds, with the remaining 75% of money facilitated through loans from LIC and Axis Banks.

In an industry historically dominated by men, Priyanka Jain (Founder & CEO of Vaibhav Group) has emerged as a towering figure, reshaping the narrative in the real estate sector. Breaking barriers within the Jain community, she has emerged as an inspirational figure, leading the way in establishing a well-known real estate firm named 'Vaibhav Group.' Through this venture, Priyanka Jain has been instrumental in turning the dreams of numerous middle-class families into reality, enabling them to build their own homes by selling affordable land.

Starting her journey in real estate in 2008 and subsequently departing in 2016, Priyanka refused to be idle. Recognising the challenges faced by the middle class in acquiring expensive plots, she took up the mission to provide affordable plots in areas such as Hoskote, Doddaballapur, Chikkaballapur, Kolar, and other parts of Bengaluru.

Her astute observation led her to Jangamakote Hobli in Chikkaballapur district's Sidlaghatta taluk, an area lagging behind in development. Recognising the potential, her father, Inderchand Jain, foresaw the positive impact of selecting this location on its development.

Fully supportive, he provided financial assistance to his daughter, and Priyanka's life partner, Pankaj Jain, joined in the endeavor. In 2016, 'Vaibhav Group' was launched, and the first project, 'Vaibhav Nagar,' commenced in 2017 on 18 acres of land in Kalyapura in Jangamakote Hobli. The project progressed systematically and received an encouraging response from customers. Subsequently, Priyanka initiated a second project in Mallenahalli within the same Hobli, followed by the launch of a third project. With approximately 600 plots sold at affordable prices, 'Vaibhav Group' has not only gained credibility but has also earned the trust of more than 500 satisfied customers.

CONTACT: 9590960000
www.vaibhavgroup.co.in

DREAM PROJECTS

Vaibhav Nagar in Jangamakote Hobli, featuring 18 acres of development, Vaibhav Greens spanning 9 acres, and Vaibhav Upavan, offers a total of 20 acres of beautifully developed plots.

Additional projects are currently underway in Doddaballapur, with plans for the initiation of two more projects. All these ventures boast well-equipped amenities, including a club house, ensuring a comprehensive living experience.

Convenient road connectivity extends from Dabaspet town to Hosur road, enhancing accessibility for residents.

Fueled by the vision of promoting sustainable agriculture and conscientious stewardship of farmland, MOTHER EARTH FARMLANDS has actualised the agricultural aspirations of urban dwellers in Bengaluru Originating with the noble goal of envisioning a future for agriculture that transcends mere profit and loss considerations, the organisation has evolved into a source of pride and distinction today

B. Chandrappa: Cultivating Dreams & Sustainability in Bengaluru's Farming Landscape

We aspire to realise the dreams of urban farmers eager to engage in agriculture. Committed to sustainable farming and conscientious land management, we prioritise regenerative practices, biodiversity, water conservation, climate change mitigation, and community involvement. –B. Chandrappa, Founder & MD, Mother Earth Farmlands

B. Chandrappa, Founder and Director of MOTHER EARTH FARMLANDS (MEFL) organization in 2015 is helping thousands of people realise their dream. Hailing from a family deeply rooted in farming, with his father-in-law being a farmer, Chandrappa has transformed the dreams of urban residents into a tangible reality. Growing up amidst agriculture, he developed a profound interest in farming from an early age, exploring the fields with his parents and establishing a deep connection with the land.

In 2014, Chandrappa acquired 5 acres of land in Virupakshipura village, Channapatna taluk, embarking on a farming venture. Despite facing the inevitable challenges and fluctuations in agriculture, he persevered, maintaining unwavering confidence in achieving his goals. Pioneering innovative concepts, he entered the real estate sector with the unique idea of 'Agricultural Land Management,' undertaking the development of approximately 38 acres in Virupakshipura and Kanchanahalli in Ramanagara district.

Among his three projects, Coconut Grove, Mango grove featuring coconut and mango plantations that exemplify sustainable agriculture and natural beauty. Over 300 individuals, including IT-BT professionals, politicians, and actors/actresses from Bengaluru, have invested in these plantations. Exclusive amenities such as farmhouses for weekend getaways, resorts, cottages, and restaurants have been provided for landowners.

Revolutionising agriculture, Chandrappa, in agreement with landowners, personally oversees farming activities, cultivating crops like vegetables, fruits, coconuts, and mangoes based on local geographical conditions. The produce is sold through Hopcoms, and profits are transferred to the landowners. Adopting organic farming methods, Chandrappa has diversified into dairy farming, poultry farming, beekeeping, and sheep farming. He has introduced the Israeli model of irrigation and mixed cropping, positioning himself as a model farmer through responsible land management, innovative farming practices, and a commitment to sustainability.

Chandrappa has provided employment to numerous young individuals from villages who found themselves jobless after completing their education. His visionary approach has resulted in the employment of many youths from Bangalore, Ramanagar districts, and other farmers, reflecting his strong commitment to maintaining a close connection with agriculture and nature. Efforts are being earnestly directed towards achieving an ideal equilibrium between agricultural productivity and environmental conservation. Farmers are actively engaged in land management, resource optimization, and enhancing yields. Chandrappa's journey is a testament to his resilience and dedication to transforming agriculture into a thriving and sustainable enterprise.

CONTACT: 9980910852
www.motherearthfarmlands.com

PHILANTHROPY

Engaged in philanthropic initiatives, the MEFL organization, led by Chandrappa in the suburb of Kengeri in Bangalore, seamlessly integrates social service efforts with its land-based activities. The organisation extends support to government schools in Virupakshipura, Kanchanahalli, and neighboring villages by providing clean drinking water equipment and sports gear. Scholarships, textbooks, bags, and stationery are offered to talented underprivileged children, with the institution also assuming responsibility for the education of the offspring of agricultural laborers. Greening initiatives involve planting saplings along roadsides and government lands. The organisation is strategically planning the acquisition of 150 acres of agricultural land near Malavalli in the Mandya district for further agricultural experiments.

VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

In a society where the desire for parenthood is often expected to be fulfilled within the first year of marriage, it is challenging to articulate the profound distress experienced by couples grappling with infertility over several years. Providing solace and encouragement to such couples, Dr. Sneha Shetty is turning the dream of parenthood into reality through the advanced IVF technology. Dr. Sneha Shetty Clinical Director & Chief Fertility Speciality at Vriksh Fertility, HSR Layout, stands as a beacon of hope for those facing infertility issues.

Bringing Hope to Dreams: Dr. Sneha Shetty's Journey in Fertility Excellence

Multifaceted Talents

While excelling as a doctor, Dr. Sneha is also an accomplished pianist and a skilled dancer. She pursued a fellowship in IVF and has over 13 years of expertise in addressing gynecological and infertility-related concerns.

Serving as both a Gynecologist and Infertility Specialist, Dr. Sneha Shetty is renowned for her expertise in fertility treatments, earning the trust of many as a reliable practitioner in the field. Her primary focus is on providing fertility solutions to couples grappling with infertility, and she is internationally recognized for her contributions to preventing infertility.

What sets Dr. Sneha apart is her ability to emotionally connect with each patient, fostering an environment of trust, transparency, and open communication. Couples find solace in sharing their concerns openly, confident that their concerns will be effectively addressed. Dr. Sneha approaches each couple individually, displaying immense patience and attentiveness to their unique challenges. In addition to her role as a skilled laparoscopic surgeon, Dr. Sneha is adept at handling even the most intricate surgeries with ease.

Dr. Sneha attributes her journey in medicine to her father's unwavering dream. Despite societal norms suggesting otherwise, her father envisioned her as a doctor and dedicatedly supported her pursuit of education. This determination and dream, as Dr. Sneha acknowledges, played a pivotal role in shaping her career.

Her husband, Hari Shetty, is her career partner and has played a crucial role in the establishment and growth of Vriksh Fertility Hospital. Their shared commitment goes beyond monetary considerations, driven by the sincere desire to bring light to the lives of couples experiencing the despair of infertility.

Dr. Sneha holds a Bachelor of Medicine and Bachelor of Surgery from SDM Medical College, Dharwad. She completed her MBBS in Obstetrics and Gynecology with a gold medal from the prestigious Mahadevappa Rampure Medical College. Furthering her skills, she completed an Integrated Diploma in Minimal Access Surgery (D.MAS) from World Laparoscopy Hospital, Delhi, and pursued a Fellowship in Reproductive Medicine from Homerton University Hospital (NHS).

Dr. Sneha is an active member of various medical associations, including the Indian Medical Association, Bengaluru Society of Obstetrics and Gynecology, Indian Society of Assisted Reproduction (Karnataka Chapter), World Association of Laparoscopy Surgeons, Society of American Gastroenterologists and Endoscopic Surgeons, and member of Academy of Clinical Embryology.

AWARDS & RECOGNITION

Recognized as the top student during post-graduation, Dr. Sneha has recently been honoured with the APJ Abdul Kalam Health and Medical Excellence Award 2021 in acknowledgment of her outstanding and devoted contributions to the field of medicine. She has been awarded by Big FM's 'Big Health Award 2023' for her outstanding contribution in gyanecology and Infertility.

■ **CONTACT:** 8797080808
www.vrikshfertility.com

Eco Planet Elevators & Escalators Pvt Ltd stands as the undisputed leader in India, offering top-notch manufacturing and installation services for a wide range of innovative lifts

Eco Planet Elevators & Escalators Revolutionising Vertical Transportation in India with Innovative Designs and Cutting-Edge Technology

RECOGNITION: His noteworthy achievements have garnered recognition and accolades, including the prestigious Top Business Leadership Award from KEMA and MSME. Presently, H. Raju Gowda has further elevated the company's global standing by entering into a strategic partnership with Germany's Ziehl-Abegg company, solidifying his international recognition in the industry.

Established by the visionary entrepreneur **H. Raju Gowda** in 2007, the company has successfully challenged the monopoly of Multinational Companies (MNCs) in the elevator and escalator industry. It has not only carved its niche in the market but also secured the coveted 'No-1' position in the country.

What sets Eco Planet apart is its specialization in crafting unique and safe design lifts that efficiently fit into compact 4x4 feet spaces. This distinctive feature has garnered special recognition for the company, making it a go-to choice for those seeking innovative lift solutions. In a strategic partnership with a German company, Eco Planet harnesses cutting-edge technology to deliver superior elevator and escalator manufacturing and installation services, further solidifying its position as an industry leader.

Eco Planet Elevators & Escalators Pvt Ltd stands as an epitome of excellence with its state-of-the-art manufacturing plant located in Peenya, operating

under an officially recognized A-class license. The company is dedicated to providing a comprehensive range of features to its customers, encompassing eco-friendly technology, unmatched safety standards, innovative design, robust security measures, a remarkable ten-year warranty, and complimentary ten-year maintenance services.

An industry trailblazer, Eco Planet's elevators and escalators are designed to be energy-efficient, contributing to environmental sustainability by saving an impressive 80% energy. Notably, the company has integrated solar power into its operations, reflecting a commitment to harnessing renewable energy sources. Customer satisfaction is at the core of Eco Planet's ethos, manifested through round-the-clock service availability—24 hours a day, 7 days a week. The company takes pride in offering lifts in customized designs and price points, ensuring a tailored solution for each customer.

Moreover, Eco Planet Elevators & Escalators Pvt Ltd stands as a beacon of affordability in the market. Elevators and escalators from this company are competitively priced, providing a cost-effective alternative to those offered by multinational corporations (MNCs). Customers can choose from a range of international and Indian brand lifts, all available at prices that set them apart from the competition.

Diversified Expertise: Eco Planet Elevators & Escalators Pvt Ltd has gained recognition for its proficiency in installing a wide array of lifts, catering to diverse requirements. The company extends its services to the states of Telangana, Andhra Pradesh, Pune, Goa, and Kerala. Notably, with an ambitious expansion strategy, Eco Planet has transcended national borders, offering its services in Dubai and Sri Lanka, earning it the distinction of being termed the 'MNC of India.'

Strategic Goals: Soaring to New Heights by 2025: As part of its visionary goals, the company aspires to become a dominant player in the vertical transportation sector in India by the year 2025. Seeking recognition as a prominent name in the Mobility Solutions category, Eco Planet aims to introduce the 'Home Elevator Band' as a preferred choice in the market.

The company is set to revolutionize the customer experience with the imminent launch of a Mobile Experience Center, slated to be unveiled by the end of the year. This innovative initiative is designed to showcase various lift designs through a mobile platform, reaching customers directly, and fostering awareness about the evolving landscape of vertical transportation solutions."

HUMBLE BEGINNINGS TO GLOBAL RECOGNITION

The Managing Director of Eco Planet Elevators and Escalators Pvt Ltd, H. Raju Gowda, hails from a humble farmer's family in Tubinakere, Kunigal taluk, where his father, Hanumaiah is a respected figure. After completing his graduation, H. Raju Gowda ventured to Bangalore for further studies, eventually embarking on a career in the lift installation industry upon finishing college.

His journey took a significant turn when he joined a German company, marking the beginning of his foray into the elevator and escalator domain. In 2007, driven by a vision of innovation and service excellence, he founded his own lift company, which swiftly gained momentum. Three years later, in 2010, he established a manufacturing facility in the Peenya Industrial Area.

The company's remarkable track record includes the successful installation of over 2 thousand lifts, each functioning flawlessly. H. Raju Gowda's entrepreneurial endeavors have not only contributed to the economic landscape but have also generated employment opportunities for over 300 individuals.

■ **CONTACT:** 9741462216
www.ecoplanetelevators.in

VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

For more than a decade, Om Sri Infrastructure has been dedicated to the real estate sector, offering budget-friendly plots to the underprivileged and middle-class. H. Yogesh, a real estate entrepreneur, social activist, and sports enthusiast, strives to provide affordable housing, ensuring that everyone can have a place to call their own

Transforming Real Estate with Social Impact and Family Legacy

Yogesh, Managing Director, Om Sri Infrastructure is a trusted associate of Vijayanagar MLA M. Krishnappa and Govindarajanagar MLA Priya Krishna, is renowned for his real estate ventures through Om Sri Infrastructure coupled with substantial social service contributions in Bapujinagar and Hampinagar. Over the past decade, he successfully facilitated the sale of 1000 plots.

Om Sri Infrastructure has executed strategic layouts in Kengeri, Nelamangala, Doddaballapur, Bidadi, and Dodda Aladamara. All the plots developed are approved by BMRDA and certified by RERA, ensuring legal and hassle-free transactions. From acquiring the land to developing the layout, they handle the entire process, facilitating smooth land registration and aiding prospective buyers in securing loans.

Father's Influence

H. Yogesh draws inspiration from his father, M. Huchche Gowda, who hailed from Yagatikoppalu, Nagamangala taluk in Mandya district. Gowda began his career at BEML as a mechanic and pursued higher education while in service, ultimately retiring as an assistant manager. Active in various roles within the labour union, he gained recognition as the President of BEML Housing Co-operative Society, where he successfully allocated 10,000 plots to members over three decades. He also served as a member of Mandya Zilla Panchayat. Transitioning to the real estate sector, he facilitated affordable property transactions, earning him the esteemed Indira Priyadarshini Award and recognition in numerous meetings and ceremonies.

Community Engagement

H. Yogesh actively engages in social initiatives. As a sports enthusiast, he supports athletes and sponsors sports activities and education for underprivileged children. His philanthropy extends to organising blood donation and health check-up camps. During the COVID-19 pandemic, he provided food kits and financial aid to numerous families. His businesses have directly employed 25 people and indirectly supported the livelihoods of 150 others.

Guinness World Record in Skating under car

H. Yogesh takes pride in nurturing his son Om Swaroop Gowda sporting endeavours. Om Swaroop Gowda has achieved remarkable feats by skating under the chassis of 36 cars and thereby entering the Guinness World Records. Swaroop has also represented Karnataka at national levels six times in skating. Currently, he is also undergoing training in horse riding.

CONTACT: 9448129005
omsriinfrastructure.com

Vishwa Vidyapeeth stands apart from conventional schools, instilling our rich culture and preserving Guru-Shishya heritage right from the pre-primary level. Spearheading this unique initiative is Suseela Santhosh, the visionary behind this distinctive project

Vishwa Vidyapeeth: Nurturing Minds, Preserving Culture & Redefining Education

In a paradigm shift from traditional schooling, students at Vishwa Vidyapeeth delve into Indian culture alongside their academic curriculum, immersing themselves in the teachings of the Bhagavad Gita, Upanishads and Vedas. Prioritising children's wellbeing, the school prohibits junk food and ensures students receive nutritious meals prepared at campus. Suseela Santhosh, the director, shapes the teaching methodologies and enriching extracurricular activities for the students.

Driven by a passion for children's learning, Suseela Santhosh initially pursued a B.Sc. Nursing degree and briefly worked in rehabilitation. Recognising the need for holistic care, Suseela transitioned to education in 2011, joining the C S Education Trust with a commitment to delivering quality education in K-12 sector, which was floated with the primary aim of imparting quality education to students ingrained with our Indian culture and tradition and serving humanity at large. Her motivation for this move was the thought process

that she developed after being in active health care of several patients. She realized that for bringing a change into a person's life, their childhood is a very critical factor.

Embracing the age-old tradition of 'Guru-Shishya' learning, Vishwa Vidyapeeth implements a 'holistic education,' 'personal attention,' and 'value for money' approach. Each class of 30 students has a dedicated teacher, fostering individualised attention, and incorporating Shloka and Yoga into the curriculum.

Vishwa Vidyapeeth encourages parental involvement through parent engagement programme and goes a step further with the innovative 'Mother on Duty' concept.

This unique feature allows mothers to visit the school, witness the teaching methods, and engage directly with their child's educational journey

VISION & MISSION

Suseela said, "In our pursuit of nurturing humanity, Vishwa Vidyapeeth goes beyond traditional education. Our 'Arivu' program extends computer education, spoken English, and yoga to the dedicated drivers responsible for the safe transportation of school children. This initiative reflects our commitment to the well-being of everyone associated with our school. At Vishwa Vidyapeeth, we believe in shaping not just educated individuals but compassionate and empowered global citizens." Vishwa

Vidyapeeth is founded on principles of transparency, mutual care, and comprehensive student development with ethos that centers on fostering a community where values thrive.

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NOTEWORTHY HIGHLIGHTS

COVID RELIEF EFFORTS: During the pandemic, Suseela and her team took an active role in preparing and distributing food to those in need.
STAFF WELFARE: Suseela stood by commitment to the staff, ensuring no layoffs during challenging times.
SUSTAINABLE PRACTICES: Students engage in farming within the school premises, promoting hands-on learning about agriculture.
HISTORICAL INSPIRATION: Each campus is dedicated to a renowned learning center in ancient India, fostering a connection to our rich heritage.
NUTRITIONAL INITIATIVE: A weekly inclusion of millets in student meals promotes a healthy diet.
COMMUNITY OUTREACH: Students contribute by serving meals to orphanages every Saturday, embodying the spirit of giving.
SPORTS EMPHASIS: Suseela encourages sports activities, recognising the holistic benefits of physical education.
ARTISTIC VENTURES: Students showcase creativity by crafting and selling Ganesha idols, empowering them with entrepreneurial skills.
CULTURAL EXCHANGE: Fostering cultural exchange programs with government schools, promoting unity and understanding.

VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

Dr. Divya Rangenahalli hailing from a farming family in a rural setting has achieved international acclaim as a dynamic media entrepreneur at a remarkably young age

Cultivating Success from Rural Roots to Global Media Entrepreneurship

Embarking on her entrepreneurial journey, Dr. Divya Rangenahalli laid the foundation of Media Connect, which is a pan-India PR Solution in 2013, evolving it into a thriving public relations solutions firm. As the founder and CEO of Media Connect, Divya not only navigates the realm of media but also provides employment opportunities to approximately 70 individuals.

A Versatile Portfolio of Services

Media Connect, under Dr Divya's leadership, specialises in a spectrum of services, including advertising, marketing, content writing, social media management, event and band management, political strategy, creative design, and film production.

Roots in Agriculture: Daughter of a Farming Family

Born in Rangenahalli, a village in Tarikere Taluk, Chikkamagaluru District, Dr Divya traces her roots to a farming family. Her educational journey took her through a government school for primary and secondary education, followed by graduation from Sahyadri College, Shimoga, and an M.A. in English from Jyoti Nivas College, Bangalore. Despite venturing into the dynamic world of media, her family remains engaged in farming in their village.

Entrepreneurial Initiative

Founding Media Connect as a solo venture, Dr Divya's entrepreneurial spirit was fueled by the desire to make a positive impact and generate employment. With a range of services in public relations, the company has garnered praise for its distinctive work.

Supportive Roots

Divya's journey is deeply intertwined with the support of her family, who continue farming in their village. Her commitment to societal well-being extends through a group of companies.

Over 100 Clients

Media Connect, steered by Divya's vision, serves as the PR backbone for more than 100 clients across various regions in the state, country, and abroad. The company is actively engaged in providing PR services to diverse government departments, managing multiple projects, and overseeing the social media presence of several ministers.

Visionary Initiatives

Media Connect, led by Divya, is at the forefront of visionary initiatives. The company is now gearing up for the Vision Doctor Conference in Manipal and has secured the opportunity to organise an event for the UK Kannada group in London—a testament to the company's expanding global footprint.

RECOGNITION

Dr Divya, on her path to further growth and fostering employment opportunities for the youth, has been honoured with a multitude of prestigious awards for her outstanding entrepreneurship and service.

- Mahatma Gandhi Leadership Award
- Entrepreneur of the Year 2020 Award
- Economic Times Power Icon 2020
- BMTC Nirbhaya Award 2019
- Outstanding Women Leader
- Corona Warrior Award
- PRCI Award
- BCLIP Alumni Award

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Dr. Niranjan C. Paramshetty and Dr. Bhagyalaxmi Fouzdar, the visionary minds behind KDC Dental Care & Implant Centre, have dedicated themselves to making dental care accessible to all by providing affordable dental implant facilities through SYS Charitable Clinic, KDC Dental Care, and Implant Center. Their impact has reached far and wide, with branches strategically established across different parts of the state, successfully treating over 10 lakh individuals

Pioneering Affordable and Accessible Dental Health with a Visionary Approach

SYS Charitable Clinic and KDC Dental Clinic and Implant Center stand out for their advanced dental treatments, with a specialisation in dental implant procedures. Dr. Niranjan C. Paramshetty and Dr. Bhagyalaxmi Fouzdar, the leading figures behind this venture, have steered the center for nearly 25 years, earning recognition for their excellence and effectiveness in dental care. Over this span, they have successfully treated more than 10 lakh patients, setting a benchmark in dental healthcare.

Accessible dental care for all: SYS Charitable Clinic, with locations in Ramanagara, Channapatna, Hubli, and Sunkadakatte, plays a crucial role in providing dental treatments at free or discounted rates. This initiative particularly benefits the underprivileged and middle-class individuals who might otherwise struggle to access quality dental care. The KDC Dental Clinic and Implant Center, with branches in RR Nagar, Hubli, Mudhol, Jamkhandi, Vidyaranyapura, and Nelamangala, extends its services at affordable rates, making dental care more accessible to diverse communities.

Dedicated Team of Professionals: With a team of over 100 skilled and experienced staff, Dr. Niranjan C. Paramshetty and Dr. Bhagyalaxmi Fouzdar ensure that dental patients receive top-notch treatment and care. Their commitment to quality service and patient well-being has been a driving force behind their success.

Social and Health Initiatives: Beyond clinical services, the duo actively engages in social and health initiatives. They have organized numerous free dental treatment camps, reaching out to schools, colleges, villages, IT companies, and factories. This outreach has led to the conduction of over 5,000 camps, creating awareness about the importance of oral health and educating people about the harmful effects of tobacco and gutka consumption.

Affordable Dental Implant Specialization: For that seeking dental implant specialty, SYS Charitable Clinic and KDC Dental Clinic and Implant Center employ the latest advanced procedures and equipment. Dental implants, which typically cost 30 to 35 thousand rupees in other clinics, are offered at Rs. 8 thousand to 10 thousand in these centers. To date, around 10 thousand individuals have benefited from dental implant procedures.

Dr. Niranjan C. Paramshetty and Dr. Bhagyalaxmi Fouzdar's impactful journey in dental care has not only transformed the lives of countless individuals but has also set new standards for accessible and affordable dental health services. Their commitment to social causes and innovation in dental care continues to leave a lasting impact on the community they serve.

AWARDS & RECOGNITIONS

Their commitment and excellence in dental care have garnered them prestigious awards, including the Best Multispecialty Dental Clinic in India Award, presented by former cricketer Kapil Dev in 2016. Additionally, they have been honoured at various meetings and ceremonies for their outstanding contributions to the field of dentistry.

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VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

ಸ್ಯಾನ್‌ಸಿಟಿ San City® India's leading developer

Dr. Vishwa Cariappa, Founder Chairman & Managing Director of the San Group of Companies, is renowned for his impactful social programs. This industrious entrepreneur has demonstrated resilience and leadership, seamlessly integrating industry and social services.

Harbinger of Social Change and Visionary Entrepreneur

VISIONARY LEADERSHIP: In the wake of the formidable challenges posed by the Covid pandemic, Dr. Vishwa Cariappa, the Founder Chairman & Managing Director of the San Group of Companies, has emerged as an exemplary leader. Navigating through the highs and lows with steadfast determination, he has not only steered the industry but has also spearheaded impactful social initiatives.

COMMITMENT TO AFFORDABLE HOUSING: Dr. Cariappa's social commitment finds expression through the 'Karnataka Dharmadrishti Souharda Credit Co-operative Society.' Guided by Swami Vigyananand Ji. (Founder & Global chairman of World Hindu Foundation), the society extends long-term loans of 10-15 years at exceptionally low-interest rates, with an accessible EMI facility for repayment.

Delivered 10 million sq ft and 10,000 satisfied customers

WORKPLACE AS A COMMUNITY: With a legacy spanning 17 years, the San Group of Companies, led by Dr. Vishwa Cariappa, fosters a unique workplace ethos where employees are regarded as friends. Demonstrating a commitment to employee welfare,

the company boasts a commendable record of retaining 50 to 60 employees for nearly 15 years. The present workforce of 500 continues to contribute to the success of the company, having successfully sold 1 crore square feet of land.

DIVERSE BUSINESS VENTURES: Managing a conglomerate of 14 companies, including a Technology Company, Property and Developers, Viscon Constructions, and San Palace (Kalyan Mandir), Dr. Cariappa has diversified his business portfolio. The esteemed San Palace, often referred to as the 'National Gem,' stands as a symbol of grandeur, hosting various ceremonies and events.

SOCIAL RESPONSIBILITY BEYOND BUSINESS: Dr. Vishwa Cariappa's commitment to social welfare extends beyond business into education and healthcare. Having written to Prime Minister Narendra Modi, he expressed his dedication to donate land and Rs.1 crore for the establishment of a multispecialty hospital. His educational initiatives, San International and San PU College, are dedicated to providing free education to economically disadvantaged students. Furthermore, he provides free housing to senior employees of the company.

CINEMATIC VENTURES: Beyond the realms of business and social service, Dr. Vishwa Cariappa has made forays into cinema. Producing movies like 'Auto Raja' and 'Existence,' he continues to contribute to the creative realm with upcoming projects like the movie titled 'Hindu.'

ENTREPRENEURIAL JOURNEY: Originally from Kodagu, Dr. Vishwa Cariappa, armed with a Diploma in Computer Science, BBM, MBA, and Ph.D., embarked on his entrepreneurial journey in 2006 with Stan Technology. Transitioning into the real estate sector, he has successfully developed 32 layouts in various locations, selling approximately 10 to 12 thousand plots.

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ACCOLADES & RECOGNITIONS

Possessing both an MBA and a Ph.D. in Business Management, Dr. Vishwa Cariappa has earned international acclaim as an astute entrepreneur. His exceptional contributions have been acknowledged through an honorary doctorate from the University of Panama in America.

His exemplary progress and dedication to social causes have garnered numerous prestigious awards. The Dr. APJ Abdul Kalam Excellence Award from the Citizen Integration Peace Society stands as a testament to his academic and social service achievements. Additionally, he has received esteemed honors like the Mother Teresa National Award and the Mahatma Gandhi Samman Award from the NRI Welfare Society of India, recognizing him as an internationally renowned industrialist.

In the industrial realm, his rapid growth has been celebrated with accolades such as the Excellence Award for Construction and Design, Outstanding Achievement Award, The Bangalore City Icon Award, and the Fastest Growing Indian Company Excellence Award, among others.

C.S. Venugopal, a true luminary hailing from a farming family in Shivapura, Maddur taluk, Mandya district, exemplifies the power of confidence, faith, and unwavering perseverance. As the founder of Design Heights, a civil engineering and construction company, he has not only left an indelible mark in the field but has become an inspiration for rural youth seeking opportunities beyond conventional paths. Today, Venugopal is a beacon of success. His entrepreneurial prowess not only signifies architectural brilliance but also serves as an inspiration for rural youth seeking unconventional career paths

From Farming Fields to Architectural Excellence

VENTURING INTO ENGINEERING: Venugopal's educational journey commenced with primary and secondary schooling in government institutions, and it continued with a pursuit of engineering at Diploma College, Channapatna. Moving to Bangalore for further studies marked the beginning of his professional career, where he initially worked as an assistant to BBMP engineers. Undeterred by challenges, he continued his educational pursuit, earning a degree in BE from BMS Evening Engineering College.

ENTREPRENEURIAL SPIRIT UNLEASHED: The turning point in Venugopal's career came as he decided to navigate his own trajectory. In 2008, he laid the foundation for Design Heights. Driven by a vision to create employment opportunities and nurture rural talent, the company has since completed over 300 buildings, providing jobs to more than 80 individuals. It has emerged as a platform for fostering the growth of rural talents in the construction sector.

DIVERSIFYING CONTRIBUTIONS: Venugopal's commitment extends beyond construction projects. He prioritises the employment of rural youth, guiding them to establish their own independent offices. The company actively engages in various social initiatives, including planting and nurturing roadside plants, contributing to orphanages,

and supporting underprivileged children with essentials like clothes, bags, and slippers.

A GUIDING LIGHT FOR RURAL DREAMS: With an unwavering belief that diligent efforts and perseverance lead to success, C.S. Venugopal continues to be a guiding force for aspiring individuals in rural areas. His journey exemplifies that dreams can be realized with determination, hard work, and a commitment to uplifting the community.

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AWARDS & RECOGNITIONS

Venugopal's dedication and excellence have garnered widespread recognition.

Notable awards in his accolade include the Well Built Residential Award by ICI, the Achievers Award by Economic Times, Kempegowda Award from Begur Vokkaligara Sangha, Abhimani Sangama Award, Dr. K. Shivaram Karanth Sadbhavana Award, Aryabhata International Award, and Srivastu Luck Award.

These accolades stand testament to his remarkable contributions to both the construction industry and societal welfare.

VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

Ramesh Babu's life is a compelling narrative that underscores the triumph of determination over adversity. Losing his father at a young age, Ramesh took upon himself the responsibility of providing for his family. His remarkable journey began as a salesman and has since transformed into being the Founder & Owner of Sai Home Interior and Exterior

Ramesh Babu: Triumph Over Adversit A Resilient Journey from Struggle to Success

HUMBLE BEGINNING: Ramesh, growing up amidst poverty, harboured grand aspirations. Born into a family of four, his father, Bailavenkatappa, served as a junior assistant in KSRTC. Tragedy struck when Ramesh's father met a fatal accident under the wheels of a KSRTC bus, leaving the family in turmoil. At just four years old, Ramesh's mother, Lakshmi Devamma, became the sole breadwinner, working as a tailor at Shyam Rao company. Undeterred by challenges, she ensured her children received a good education.

EDUCATIONAL PURSUITS: Graduating from SJRC College affiliated with Bangalore University, Ramesh entered the workforce as a salesman for Karnataka Soaps and Detergents Limited, earning a meager salary of Rs 2,500. His career trajectory took him to a decade-long stint as a supervisor at the painting contractor Rajesh Reddy's establishment.

A FORTUITOUS TURN: The turning point in Ramesh's life occurred when Rajesh Reddy, his supervisor-turned-friend, passed away. Sunil Kumar, owner of T&T Company, recognising Ramesh's rapport and potential, urged him to take up the role of a painting contractor. This marked a significant shift in Ramesh's fortunes. From a family struggling to meet daily needs, he has now become a source of livelihood for over 300 individuals.

PRESTIGIOUS CLIENTS: Ramesh's clientele boasts prominent firms such as Sarvashree, Spring, and Office Space. Engaged in contracts with major companies, he has also secured painting projects for illustrious structures, including Puttaparthi Sai Baba Hospital, Manjunath Swamy Temple in Dharmasthala, and Motorola Company in Chennai.

PHILANTHROPY: During the Ganesha festival, Ramesh engages in philanthropic endeavors, donating food, books, notebooks, pens, and school fees to underprivileged children. Thousands of sarees are distributed to the needy in Hombegowda city, and during the challenging times of Covid, financial assistance, including food donations, is extended to hospital patients. As a trustee of Shanimahatma temple, Ramesh has dedicated two decades to serving both people and God, exemplified by the successful free food distribution program conducted every Saturday.

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SOCIAL SERVICE TO POLITICS

Driven by a desire to elevate his social service to the next level, Ramesh Babu contemplates entering politics.

Acknowledging Transport Minister Ramalinga Reddy as his political mentor, Ramesh served as the Vice-President of the Youth Congress Unit of Hombegowda Nagar in 1999. His involvement as booth-in-charge during the Jayanagar by-election attests to his commitment to community welfare through political engagement.

Kanthi Shetty, serving as the Managing Director of Aircom Solutions Pvt Limited, consistently takes the lead in social service initiatives. She actively engages in philanthropy through the establishment of the 'Namma Kuteera' Foundation, showcasing her commitment to women's empowerment, social service and active involvement in community organizations

Empowering Lives, Leading Change Across Corporate and Community Horizons

Hailing from the illustrious Shirva NadiBettu Bunt family in Udupi district, her journey began in the quaint village of Karkala. Completing her early education in Kannada medium, she pursued higher studies in Bangalore, earning B.Com and BBM degrees, setting the stage for her multifaceted career.

CORPORATE STALWART: For the past 23 years, Kanthi has not only steered Aircom Solutions as the Managing Director, but has also actively contributed to the Bangalore Bunt Sangha for 23 years, holding strategic positions. Her unwavering efforts have been directed towards the community's growth, and she has actively undertaken numerous social initiatives, serving as the president of the matrimony forum and tirelessly working towards the empowerment of women.

CHAMPIONING EMPLOYMENT AND ADVOCACY: From 2016 to 2021, Kanthi Shetty played a pivotal role in providing employment to 796 Kannadigas as the State Co-Convenor of the Digitization and Employment Committee in Kannada Sahitya Parishat. Her short-term activism during elections, contributing to over 936 political debates, exemplifies her dedication to civic engagement.

TULU CULTURE ADVOCATE AND VISIONARY: As a member of the Karnataka Tulu Sahitya Akademi, Kanthi passionately advocates for Tulu language and culture. Lobbying for a Tulu Bhavan in Bangalore and organizing successful Tulu language programs, she is a visionary leader, making waves in cultural preservation.

RANI ABBAKKA UTSAV: One of the founder trustee of the Rani Abbakka Foundation, Kanthi organized the prestigious Rani Abbakka Utsav at the Mahalakshmi Layout Stadium, showcasing her commitment to cultural celebrations and historical recognition.

COVID WARRIOR AND COMMUNITY LEADER: In the challenging times of the Covid-19 pandemic, Kanthi Shetty emerged as a true community leader. As a Corona Warrior through the 'Namma Kuteera' Foundation, she distributed one lakh masks, 12,000 hygiene kits,

and provided daily food packets to 500 people for two months. Forming a volunteer team during the second wave, she ensured the distribution of essentials, embodying resilience and community spirit.

BEYOND BOUNDARIES: Kanthi Shetty's influence extends beyond local boundaries as the Director of the Foreign Investment Council, showcasing her prowess in fostering international collaborations. In every role she undertakes, Kanthi Shetty stands as a beacon of empowerment, social change, and community resilience. Her journey continues to inspire, proving that leadership with a heart can transcend corporate and cultural landscapes, leaving an indelible mark on society.

RECOGNITION: Kanthi Shetty, a distinguished individual in the realm of social service, has been honored with several prestigious awards, including the Aryabhata International Award in 2018, Tulunada Saugandhika Award in 2019, Nari Shakti Award in 2021, Corona Warriors of India Award by Arab Countries Chamber of Commerce in 2020, Samaj Seva Ratna Award, Swasthi Shree State Award, and Mahila Warrior Award 2021-22, recognizing her dedicated efforts in the field of social activism. Numerous organizations have also expressed their gratitude through letters of appreciation for her exceptional service. Notably, she was conferred with an honorary doctorate for her outstanding contributions to social service by the Indian Empire University.

A staunch advocate for women's empowerment, Kanthi Shetty envisions the establishment of an old age home named 'Namma Kuteera' under the auspices of the 'Namma Kuteera' foundation, with the goal of providing service to the elderly in the near future. Furthermore, she has played a pivotal role as the organizer of the first National Conference of Horanada Kannadigas held in Delhi on behalf of the Kannada Sahitya Parishat. Adding to her political engagement, Kanthi Shetty assumed the role of BJP state executive member in 2016 and has contributed significantly as the district media coordinator in the BJP media department during two assembly and one Lok Sabha , 2 elections."

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VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

Suma Ashok Meti, a woman with a heart of gold and a Midas touch, has dedicated her life to serving and supporting specially abled children. Born in Gadag, her impact extends far beyond her hometown, reaching the entire state, including the bustling city of Bengaluru

A Beacon of Hope for Specially Abled Children

BHARATEEYA EDUCATIONAL AND CHARITABLE TRUST: Fueled by her passion, Suma Ashok Meti founded the Bharateeya Educational and Charitable Trust in 2006. This noble organization identifies children with special needs, providing essential facilities such as cycles, books, notebooks, and bags. Her commitment to their education goes beyond material support, as she pays fees for those who cannot afford it and admits hundreds of kids to Special schools in Lingarajapuram.

BEYOND BOUNDARIES: Suma Ashok Meti's journey is rooted in her familial origins, being the daughter of Kashappa Gowda Hiremath Patil and Shantadevi Patil in Holealur, Rona Taluk, Gadag District. Following the completion of her Pre-University studies in her hometown, Holealur, she embarked on a unique path, marrying Ashok Meti in 1995. Post-marriage, Suma defied traditional roles, moving beyond household duties to pursue her passion for education. In 2001, she completed her Nursery Teacher Training (NTC) and further expanded her expertise with Multi-Category Teacher Training (MCTT) in 2002, culminating in Bangalore in 2003.

Driven by a deep-seated empathy for children with special needs, Suma joined the NGO, Bharateeya Mahila Sangh, in Shivajinagar. Here, the organization identified children with unique requirements, assessed their handicaps, and provided them with certificates. Grants from the government facilitated the distribution of educational essentials—books, notebooks, bags, and clothes.

Witnessing the vulnerable situations of these children ignited Suma's determination to contribute to their career development.

In response, the Bharateeya Educational and Charitable Trust emerged in 2006 under Suma's leadership. The focus was on identifying children with special needs and offering essential items such as cycles, books, notebooks, and bags, along with financial support. Suma's dedication extends to financial assistance for specially-abled children's education, covering fees and facilitating admissions to Special schools in Lingarajapuram. Her efforts are complemented by the unwavering support of her husband, Ashok Meti, who serves as the principal at AK Polytechnic College in Bhoopasandra.

In the realm of social service, Suma is a dynamic force. In Gadag, she initiated free computer training for 210 individuals and organized a six-month tailoring and embroidery class for over 50 women. During the challenging times of severe floods in North Karnataka, she took a leading role in providing essential assistance and food relief. Her benevolence extended to providing stationery to 800 students of Yachhareshwara Bala Vikas Mandir, incurring a cost of Rs 2 lakh.

As a staunch advocate for Swachh Bharat Abhiyan, Suma actively promotes waste segregation, distributing hundreds of dustbins during Gandhi Jayanti every year. She orchestrates various women empowerment programs and champions eco-friendly practices, encouraging the use of clay Ganesha idols during the Ganesha festival.

Looking ahead, Suma Ashok Meti is gearing up to open a school for special minds in Gadag, having acquired one acre of land for this purpose. Her vision expands further with plans for an agarbatti manufacturing center, aimed at providing employment opportunities for hundreds. In a preliminary step, the initiative has already commenced, producing incense and agarbatti using flower waste over the last four months—a testament to Suma's commitment to sustainable development and community empowerment.

EMPOWERING FARMERS

Suma's innovative spirit extends to empowering farmers through her 'Anantapushpa' program, emphasizing the farm-to-home and home-to-farm concept. She also advocates for eco-friendly celebrations, encouraging the use of clay Ganesha idols during the Ganesha festival.

ACCOLADES AND RECOGNITION

Suma's relentless efforts haven't gone unnoticed, as she proudly holds the position of President of Sharan Samaj in Sanjaynagar, Bangalore, and is an active member of the Veerashaiva Lingayat Mahasabha.

Her impactful social work has earned her the Social and Humanitarian Award from SK Group of Companies and the Award of Excellence on International Women's Day 2020. Suma Ashok Meti stands as a shining example of selfless service and dedication to creating a better world for the specially abled and the community at large.

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In a domain where the majority envisions careers in medicine and engineering, Arjun Ravi charted an unconventional course—a profound longing to be a teacher. After achieving his Bachelor's in Engineering, he pursued his B.Ed., not just realising his dream to transform school education but also taking on the role of chairman at VES Model Convent & Vidyaatva Learning Centre.

'Big Boss' of Teaching

ENTREPRENEURIAL BEGINNINGS: Arjun, initially employed in the corporate sector after his engineering, found himself seeking a more fulfilling path. With an entrepreneurial spirit and a passion for teaching, he envisioned starting his own business. However, financial constraints redirected his focus to a venture that required minimal investment—tuition classes for SSLC students. The journey began in Basaveshwara Nagar, marking the inception of a future educationist.

PASSION FOR TEACHING: Transitioning from an engineering graduate to a school teacher stirred opposition within Arjun's family. Concerns about his future were voiced, yet Arjun's fervour for the teaching profession prevailed. Undeterred, he initiated the Vidyaatva Learning Centre in Nandini Layout for 10th class students, later relocating to Basaveshwara Nagar due to space constraints.

BIGG BOSS MODEL: In the inaugural year, Arjun adopted an unconventional approach by housing students within his home, reminiscent of the Bigg Boss model. This immersive teaching strategy, combined with tireless efforts day and night, yielded exceptional results and garnered positive responses.

FROM TUITIONS TO SCHOOL CHAIRMANSHIP: Arjun's teaching prowess caught the attention of Tavarekare's VES Model Convent School, leading to his appointment as a Math teacher in 2013. His dedication reflected in the outstanding performance of 14 SSLC students that year. Simultaneously managing his tuition center, Arjun consistently achieved remarkable results for five consecutive years. In 2019, he ascended to the position of chairman at the school.

EDUCATIONAL EMPOWERMENT: Currently overseeing 950 students, Arjun's impact extends beyond conventional boundaries, with classes now reaching up to college level. His commitment to maintaining affordable tuition fees, particularly benefiting middle-class and economically disadvantaged children, has made VES Educational Institution a model for others to emulate.

A PROFESSION OF HONOR: For Arjun Ravi, the role of a teacher transcends mere instruction; it is a profession marked by utmost honour. His profound belief in celebrating every child's success as his own underscores his relentless dedication to their education.

Arjun attributes his career choice to the profound influence of JN Prakash, a lecturer during his engineering studies. Prakash's emphasis on discipline and life skills resonated deeply with Arjun, shaping his outlook on education and inspiring his journey into teaching. Arjun Ravi's story is one of passion, innovation, and unwavering commitment, showcasing the transformative power of education in shaping lives.

If educators impart knowledge effectively, students will excel in their studies. Teachers should guide children without allowing personal challenges to hinder the learning process. I believe that no vocation holds greater honor than that of a teacher. I take pride in celebrating each child's success as a reflection of my own achievements.

— Arjun Ravi, chairman at VES Model Convent & Vidyaatva Learning Centre

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VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

Raghavendra Kunder, the Associate Vice-President at Andromeda Sales & Distribution Pvt Ltd, views failure not as a setback but as an instructive experience. His life story is not just a narrative of challenges but a testament to resilience, determination, and eventual triumph

From Trials to Triumph, Building Success and Empowering Lives

I suffered a lot as a child. Difficulties in life motivate me to achieve, parents, relatives, and friends are proud of me. My office door is always open to unemployed people in need.

— Raghavendra Kunder
Associate Vice-President, Andromeda Sales & Distribution Pvt Ltd

Despite facing the absence of paternal support, Raghavendra emerged triumphant through his own strength and unwavering determination. As a successful entrepreneur, he navigated the tumultuous journey to reach the pinnacle of achievement, refusing to be deterred by adversities.

A JOURNEY OF GRIT AND PERSEVERANCE: After completing his SSLC, Raghavendra reached Bengaluru to work at a relative's hotel in Rajajinagar. After two years of relentless dedication, he transitioned to another hotel in Tavarekere in 2006, showcasing his adaptability and commitment to growth. He then worked at PVR Cinemas in Koramangala, where he cultivated a passion for reading. Remarkably, Raghavendra managed to complete his graduation course while actively working in various capacities. Subsequently, he took on the role of a manager at a restaurant in UB City, demonstrating his capacity for leadership and managerial skills.

However, his insatiable appetite for growth led him to make a pivotal decision. Within six months, he decided to leave his managerial position and explore new horizons in the city. In 2013, Raghavendra returned to Bangalore in search of a job, a decision that would prove to be a turning point in his life.

Joining Andromeda Sales and Distribution Pvt Ltd as a sales representative in the credit department, Raghavendra's career took an upward trajectory. Through his work, he not only brightened his own life but also uplifted hundreds of individuals facing circumstances similar to his own. Beyond the confines of his professional life, Raghavendra actively engages in social service, particularly focusing on the betterment of government schools in his hometown and neighboring villages. His contributions include providing essential resources such as textbooks, bags, and scholarships to school children, nurturing the next generation.

NATION-BUILDING INITIATIVES: A catalyst for nation-building, Raghavendra actively contributes to economic empowerment. Facilitating loans of Rs 200 crore monthly to at least 500 individuals, he has played a pivotal role in turning dreams into reality by providing home loans to thousands. His support extends to Small Micro and Medium Enterprises (MSMEs), demonstrating a commitment to fostering economic growth.

RECOGNITIONS AND GLOBAL IMPACT: Raghavendra's achievements have not gone unnoticed, earning him accolades and opportunities to travel to various countries, including Dubai, Indonesia, and Thailand. His journey is a testament to the impact of innovation and a unique approach in seizing opportunities.

BUILDING CAREERS AND EMPOWERING THE YOUTH: As an employer, Raghavendra has created opportunities for approximately 300 individuals, particularly empowering young women. Rising through the ranks in Andromeda company, he currently holds the position of Assistant Vice President (AVP), leading with dedication and fostering a capable team.

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Vishwanath and Shweta's transition from the demanding world of software to the delectable universe of sweets is a testament to their entrepreneurial spirit

A Culinary Journey from Software to Sweets

With an impressive background spanning over 15 years in the software industry, the couple decided to embark on a new and sweet adventure, leading to the creation of 'India Sweet House.' What began as a single store in Malleswaram in 2021 has flourished into a flourishing brand with more than 22 branches across Bengaluru.

THE SWEET BEGINNING

Influenced by the advice and conceptual brilliance of their close friend Rajesh, Vishwanath and Shweta planted the seeds of 'India Sweet House' in Malleswaram. Driven by a shared passion for introducing traditional flavours to the diverse palate of Bengalureans, the couple's culinary journey has become a tale of sweet success, marked by expansion and unwavering commitment to quality.

ORGANIC FARMING AND DAIRY INNOVATION

Vishwanath's dedication to organic farming became a pivotal force in shaping the couple's culinary narrative. The couple established a sprawling 6-acre farm near Bangalore, creating a haven for 150 cows in a carefully designed cowshed environment. Initially starting with the bottling and sale of fresh milk, the idea to venture into the dairy industry materialised. Thus, 'India Sweet House' was born, with a vision to craft and deliver delightful milk-based snacks. Rapidly expanding to over 22 branches in Bangalore and reaching into Shivamogga and Tumkur, the brand's growth mirrors the dedication invested in each endeavor.

FARM-FRESH SNACKS

The heart of their dairy innovation beats at 'Karma Dairy Farm' in Nelamangala, where over 150 cows contribute to a daily production of 2,000 litres of milk. Leveraging modern technology, the milking process commences at 4 am, ensuring the freshness and quality of the dairy's produce. A state-of-the-art semi-automatic machine processes the milk, allowing the team to prepare a delightful array of sweets by 10 am. With a workforce of more than 500, the dairy operates seamlessly, delivering farm-fresh goodness to each 'India Sweet House' outlet.

CULINARY DELIGHTS UNDER ONE ROOF

The diverse menu at 'India Sweet House' boasts a range of over 300 to 400 sweets and dishes, each meticulously crafted with pure, healthy, and organic ingredients. From regional specialties like Dharwad Peda, Laddu, and Belgaum Kunda to universally loved treats like Rasgulla, Kheer, Barfi, Pedas, Mysore Pak, and the iconic Badam Halwa, the brand's commitment to providing a delightful culinary experience is evident.

MARKET RECOGNITION

The commitment to unwavering quality and reliability has positioned 'India Sweet House' as a trusted and recognised name in the market. The couple's journey is marked not just by success but also by the recognition and appreciation of their dedicated customer base. Encouraged by their achievements, Vishwanath and Shweta are strategically planning the opening of more branches, aiming to expand their footprint and share their delectable treats with an even wider audience.

TRADITIONALLY CRAFTED
INDIA SWEET HOUSE
ORGANIC DELICACIES

For bulk orders contact:
Transact Foods LLP
Mob: 9242420101
Email: **contact@indiasweethouse.in**
Website: **www.indiasweethouse.in**
Social media handle: **@indiasweethouse**

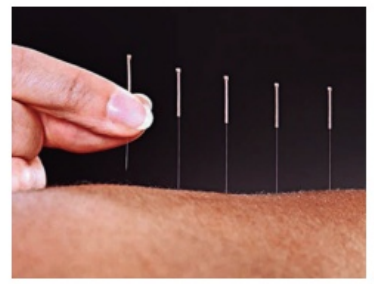
For location please scan

VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

Acupuncture, a lesser-known health system, has found champions in Dr. Arun Kadyada and Dr. Shravya Arun, a couple dedicated to providing effective treatment in Karnataka. Despite the relative obscurity of acupuncture, their clinic, Bhadram Nature's Clinic, stands out as a beacon of hope for many seeking alternative healing methods

A Unique Healing Approach



In a domain where conventional medicine takes center stage, the dynamic duo, Dr. Kadyada Arun and Dr. Kadyada Shravya Arun, practitioners of ancient and contemporary acupuncture, rise as trailblazers at Bhadram Nature's Clinic. This sanctuary of holistic health stands as a living testament to the profound impact acupuncture can have in Karnataka. Dr. Arun Kadyada's narrative unfolds against the backdrop of Kodagu, where his upbringing was shaped by a mother in the nursing profession and a father employed at HAL. After graduation, a friend's suggestion propelled him into the unexplored realm of acupuncture, with steadfast support from his life partner, Dr. Shravya Arun. Under the guidance of Dr. Hifzulla, their venture into acupuncture commenced in 2009 with the establishment of their clinic in NR Colony.

UNVEILING TRANSFORMATION

Early days at the clinic were marked by frustration as the desired level of treatment quality remained elusive. Contemplating a career shift, Dr. Arun's fortunes took a positive turn when a colleague recommended delving into Chinese acupuncture. This shift not only significantly enhanced patient outcomes but also marked the beginning of a steady ascent in the clinic's reputation.

RELOCATION AND SCALING HEIGHTS: Driven by an unwavering commitment to their craft, the couple transitioned from NR Colony to Kamakya, expanding their clinic to accommodate six beds. Initial struggles to convince patients of acupuncture's efficacy prompted a shift to a package model, leading to increased patient trust and a subsequent surge in clinic visitors.

A move to Padmanabhanagara presented financial hurdles, exacerbated by the challenging circumstances of the Covid pandemic.

NAVIGATING CHALLENGES: Amid financial turbulence and pandemic-induced setbacks, the couple remained resilient, holding onto the belief that brighter days lay ahead. This resilience prompted yet relocation, this time to Rajarajeshwari Nagar. Evolving their expertise over time, they now have the ability to deliver results in just 10 sessions, underscoring their unwavering dedication and the potency of acupuncture.

ILLUMINATING LIVES: Dr. Arun Kadyada and Dr. Shravya Arun wield acupuncture as a guiding light. Every acupuncture session metamorphoses into an experience of transformation, affirming that triumph arises from the magical blend of patience, perseverance, and the triumphant overcoming of challenges.

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www.bhadramnaturesclinic.com

Abhishek T. Raju, a visionary engineer and building designer, embarked on a mission to carve a reputable niche in civil engineering. Establishing NERALU ENGINEERS & CONTRACTORS at the age of 27, he has been at the forefront, steering the company with efficiency. Acknowledged for delivering exceptional services characterised by quality, trust, reliability, and a commendable rapport

Building dreams, fostering excellence in Civil Engineering

With an extensive track record in building design, Abhishek successfully oversees the completion of 10 to 15 construction projects annually. The company also engages in more than 200 planning and designing projects each year, demonstrating a commitment to excellence. Armed with a diploma and a BE in Civil Engineering, Abhishek has been instrumental in providing job opportunities to rural youth, offering them a platform to realise their aspirations and dreams.

I aspire to be a guiding force in the realm of engineering, akin to a saint. With this vision, I have initiated the journey with Neralu Engineers & Contractors, where I am at the forefront, steering the path of innovation and excellence.

— Abhishek, Managing Director, Neralu Engineers & Contractors

Hailing from a farming background in Thoreshettahalli, Maddur taluk of Mandya district, Abhishek undertook his early education in Kestur and continued his secondary education in Maddur. Following the completion of his Diploma in Channapatna, he ventured to Bangalore in pursuit of employment. Initially working as an assistant, Abhishek pursued his BE at Dayananda Sagar College. Subsequently, he worked as an assistant at Venugopal's company for three years, gaining valuable professional expertise and experience.

In 2018, he took the leap to establish his own venture-NERALU ENGINEERS & CONTRACTORS. Beyond his involvement in building construction projects spanning Ramanagar, Channapatna, Bangalore, Maddur, Mandya, and Madanapalle, Abhishek remains connected to his roots by engaging in agriculture in his village. He oversees the cultivation of rice and millet, along with raising cows during his vacation. Despite his bustling schedule, he dedicates two days a week to visit the village, actively participating in farming activities. Additionally, Abhishek and his family contribute to the community by providing financial assistance for the education of underprivileged students.

FAMILY SUPPORT: Abhishek's wife, Shalini, plays a pivotal role in supporting the endeavors of NERALU ENGINEERS & CONTRACTORS. Having earned her BE in Civil, Shalini actively engages in the company's operations, contributing to various aspects of the business. She provides valuable assistance in planning and designing, showcasing her expertise in the field.

Abhishek's brother, TR, shares a common passion and commitment to the company's goals. With a shared vision for success, Abhilash TR adds his support, contributing to the collaborative efforts that drive the company forward.

Together, as a dedicated team, they navigate the challenges and achievements within the realm of civil engineering, reinforcing the strong foundation of NERALU ENGINEERS & CONTRACTORS.

RECOGNITION

Abhishek has garnered recognition and memberships in esteemed professional organizations for his remarkable contributions to the field of engineering.

His achievements include winning the National Design competition conducted by CAD Center during his college days, showcasing his exceptional skills.

Abhishek has been honored with the prestigious 40 Under 40 Award by the Times of India, a testament to his excellence and leadership in the industry. He is a proud member of the Indian Concrete Institute (ICI), contributing to the advancement of concrete technology and practices.

Abhishek is also a distinguished member of The Institute of Engineers (IEI), further emphasizing his commitment to professional excellence.

NERALU ENGINEERS & CONTRACTORS We Design your Dreams

CONTACT: 8951120493
www.neraluengineers.com

VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

Lokesh, hailing from a humble background in a small village in Chitradurga district, has emerged as a staunch advocate for the rights of private schools through the establishment of Talikatte educational institutions and Registered Unaided Private School Association (RUPSA). Transitioning from a tutor to the proprietor of multiple educational institutions, Lokesh's journey is a testament to his unwavering commitment to the cause of education.

From Tutor to Education Advocate, Championing the Cause of Private Schools

Born into a modest family in Talikatte village, where his parents worked as labourers to support the family, Lokesh completed his graduation in Chitradurga and initially aspired to pursue UPSC. His academic journey led him to Bangalore, where he embarked on his studies in Vijayanagar. Despite passing the UPSC prelims, Lokesh relinquished his dream to fulfill familial responsibilities. He established the Global Coaching Center, providing UPSC training for two years, before transitioning to tutoring school students at the behest of a friend. Recognising his proficiency, other parents enrolled their children in his classes, paving the way for economic recovery.

Expanding his educational endeavours, Lokesh purchased a property in Nagadevanahalli and founded the 'Sandipini' school, catering to students from pre-primary to the 5th standard. His vision extended to starting schools in Talikatte, Hosadurga, Tarikere, and Ajjampur, realizing his dream of providing quality education in his hometown and beyond. In 2008, Lokesh entered politics, contesting for MLC from the graduate constituency, although he faced defeat. Undeterred, he continued his social service initiatives to aid the less fortunate.

Despite the electoral setback, Lokesh founded RUPSA. dedicated to addressing the issues faced by aided and private colleges in the state. During the challenging times of the COVID-19 pandemic, Lokesh emerged as a proponent for private schools, exposing corruption within the education department. He revealed instances where officials sought bribes for the renewal of school accreditations, leading to a transfer of accreditation powers to the District Deputy Director.

Lokesh tirelessly fought for the rights of private school teachers, ensuring access to student and teacher welfare funds collected by the state government. He also challenged the cumbersome requirement for schools to obtain fire safety and building fitness certificates annually. Through legal battles, appeals to the Legislative Council, and direct engagement with the Chief Minister, Lokesh succeeded in securing an exception for schools to submit certificates every five years.

Lokesh's overarching vision is to champion the cause of equal education, advocating for increased government funding in the budget to enhance the quality of education in schools. His commitment extends to providing free coaching for entrance exams such as JEE, CET, and NEET to economically disadvantaged children. With a focus on empowering education, Lokesh has established training centers not only in Bangalore but also in rural areas, aiming to fulfill the educational aspirations of children by providing top-notch training through skilled educators.

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Harish Naik, a KAS Officer with a simple, gentlemanly, and friendly personality, serves as a role model in the government sector. A humanist with social concerns, Harish has left a cultural and organisational mark, notably for efficiently reclaiming thousands of acres of encroached government land

Harish Naik: A Visionary KAS officer redefining public service

Dr. B.R. Harish Naik, the KAS Officer, is acknowledged as an efficient administrator, known for his work ethic and progressive thinking. Born into a poor farmer's family in Ballur, a remote village in Shivamogga district, he pursued his primary and secondary education. He completed his college education at Sahyadri College, Shivamogga, and later earned his veterinary and postgraduate degrees in pathology from KVK college, Hebbal, Bangalore.

Harish served as a Veterinary Scientist at KMF, Mulbagal (Kolar district), and the Animal Health and Biological Institute, Bangalore, from 2001 to 2008. During this period, he authored and published over 45 research articles in national and international journals, focusing on researching and detecting diseases in domestic and wild animals.

In 2006, he passed the KAS exam and took over as Tahsildar in June 2008. His administrative journey included roles such as Tahsildar of Dharwad, chief officer of Kalghatgi town panchayat, and later Davangere tahsildar. Known for adeptly handling farmers' issues and maintaining transparency, Harish Naik made significant contributions in clearing encroached government land and lake banks, preserving over 125 lakes during his three-year tenure in K.R. Puram.

Subsequently, he served as the Special Land Acquisition Officer of BDA, Secretary to BDA chief, Sub Divisional Officer of Bangalore South, BBMP Assistant Commissioner, and Secretary of the KAS Officers' Association. Harish played a pivotal role in resolving pending RTCs and identifying 600 acres of land for Rajiv Gandhi Housing Corporation in Bangalore South and Anekal Taluk.

Harish Naik is currently serving as the Special Land Acquisition Officer of the Supreme Court-appointed Justice A V Chandrashekhar committee (JCC) which is supervising the formation of Shivaram Karanth layout. Recognized for his people-friendly approach, loyalty to the belief that 'Government's work is God's work, and his dignified governance, Harish has received numerous awards, including the prestigious Saalumarada Thimmakka Award in 2019 for his environmental concern.

Harish Naik, an epitome of simplicity, courtesy, and friendliness in the government sector, serves as a role model for others.

His commitment to humanitarian values and social causes, coupled with cultural and organisational excellence, sets him apart. Renowned for his efficiency, he has successfully reclaimed vast tracts of encroached government land.

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VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

From arriving empty-handed in Bengaluru from a distant village, MS Mahadevappa has emerged as a renowned social entrepreneur, providing employment and livelihoods to many. Transforming from a newcomer with nothing to his name in Bengaluru to becoming a celebrated social entrepreneur, MS Mahadevappa's journey is an inspiring saga of determination and success, offering jobs and livelihoods to numerous individuals

From Village to Visionary: The inspiring journey of MS Mahadevappa-a Social Entrepreneur

Now, M.S. Mahadevappa has etched his name in the entrepreneurial landscape with the establishment of Venkateswara Fine-Chem Laboratories. Originally from a poor family in Madenahalli, Gubbi Taluk, Tumkur district, Mahadevappa completed his early education at his village. Subsequently, he pursued high school and PUC at Siddaganga Math, followed by a BSc degree from Siddaganga College, Tumkur. In pursuit of opportunities, he arrived in Bengaluru with a strong determination to alleviate the financial burdens of his family. Beginning his career at Gemini Distillery, he faced the challenges of the industry's uncertainties, but undeterred, he moved forward.

His journey took him to Deepak Cables, where he continued working while attending law college in the evenings. This educational pursuit was a testament to his commitment and foresight. Despite challenges,

when Deepak Cables closed down, Mahadevappa embraced a pivotal shift by joining a Mumbai-based company as the Area Sales Marketing Manager. This is where he refined his expertise in crafting raw materials, paving the way for his future ventures.

The turning point came when Mahadevappa decided to embark on his entrepreneurial journey, establishing Venkateswara Fine-Chem Laboratories. The company, which had been exporting products to foreign countries before the onset of the pandemic, has since expanded its reach within South India, catering to customers and distributors in Karnataka, Tamil Nadu, Andhra Pradesh, Telangana, and Kerala.

Mahadevappa's entrepreneurial vision has not only resulted in business success but also in contributing significantly to employment. Venkateswara Fine-Chem Laboratories has provided jobs to around 75-80 people, fostering economic growth and creating opportunities within the community.

The entrepreneurial drive runs in the family, as Mahadevappa's son, Santhosh, a post-graduate, actively contributes to the company's advancement. Possessing a master's degree, Santhosh has played a vital role in the journey, collaborating with his father to strategize and plan for the ongoing expansion and prosperity of the company. As M.S. Mahadevappa's journey continues to unfold, it stands as a testament to the power of determination, resilience, and vision in carving out a successful entrepreneurial path. Venkateswara Fine-Chem Laboratories remains poised for further growth, reflecting the indomitable spirit of its founder.

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DIAMOND BAND: In 2001, with just three employees and a 60X40 plot, Venkateswara Fine-Chem Laboratories initiated the production of Edible Food Colour. Blessed by Sri Sri Shivakumara Swamiji of Siddaganga Mutt, the company has expanded to three units, spanning locations in Nagasandra and Tavarekere. Diversifying its offerings, it now produces 20 varieties of raw food ingredients, including Edible Food Colour, Flavouring Extracts, Caketail, Baking Powder, Cake Improver, Tutti frutti , Custard Powder, and Jam. Serving the food industry, including bakeries and hotels, the company's products hold certifications from the Food Safety and Quality Authority of India (FSSAI) and ISI Marks. Registered under the brand name "Diamond," the products comply with the Patent Act of India.

SOCIAL INITIATIVES: Devoted to the development of Bagalgunte Government High School, Mahadevappa extends financial assistance annually. He conducts and teaches yoga programs for the students of this school every Yoga Day. He contributes Rs 10,000 towards procurement of vegetables for the Dasoha initiative at Siddaganga Mutt.

RECOGNITION: He has been honoured with the National Udyog Ratna Award and the Entrepreneur of the Year Award presented by national organizations and the industry. Numerous organisations have extended their recognition and congratulations to him.

Recognising the challenges faced by the middle class and the less privileged in pursuing self-employment, borrowing becomes a necessary step. Traditional banks often demand an extensive array of documents and the endorsement of four guarantors, creating a cumbersome process that deters many aspiring entrepreneurs from taking the leap into a new venture. B.V. Dwarkanath, formerly employed at Union Bank, personally witnessed this predicament and decided to address it by venturing into the banking sector himself, achieving success in the process.

Empowering Lives: The Visionary Journey of B.V. Dwarkanath & Shree Charan Souharda Bank

B.V. Dwarkanath initiated the establishment of Shree Charan Souharda Co-operative Bank in 1997, located at Gandhi Bazaar, Bangalore. Coming from a middle-class background, Dwarkanath was acutely aware of the challenges associated with obtaining loans, the extensive paperwork demanded by traditional banks, and the difficulties in securing collateral. Having served as a senior executive in a nationalised bank, he envisioned creating Charan Cooperative Bank to make banking services more accessible to the common people, particularly in facilitating employment and education loans and elevating living standards. With a postgraduate degree in commerce, Dwarkanath founded Shree Charan Cooperative Bank after 23 successful years of service at Union Bank of India.

The bank encountered initial hard-

ships and losses, as establishing and running an honest co-operative bank proved to be a challenging endeavour. Undeterred by the obstacles, Dwarkanath, drawing upon his extensive banking experience, navigated through challenges adeptly, expanding the bank to 10 branches, providing employment to over a hundred individuals, and extending loans to thousands for self-employment and education purposes. Presently, Charan Bank has more than 5 thousand shareholders.

Dwarkanath envisions the bank not being confined to urban areas alone; he aims to open branches in both urban and rural settings. Rather than merely increasing the number of branches, he stressed the importance of enhancing service quality in existing banks. In the face of diminishing trust in co-operative banks, Dwarkanath is determined to restore faith by serving the people in a manner that strengthens confidence in cooperative banking.

Popularly known as Charan Bank, Shree Charan Souharda Co-operative Bank Limited prioritises the economic prosperity of the lower and middle classes. Remarkably, the bank has embraced modern technology, with 10 branches in Bangalore city equipped with advanced digital banking services that rival those of private and public sector commercial banks. Dwarkanath's visionary leadership has enabled countless individuals to secure jobs, homes, and education through loans from the bank. Despite his achievements, Dwarkanath remains a humble and straightforward individual, dedicated to helping those in need. His close associations with spiritual, religious organizations, and charitable trusts underscore his commitment to philanthropy.

RECOGNITION FOR DEDICATION TO COOPERATIVE SERVICE

In acknowledgment of his noteworthy contributions to the cooperative sector, Dwarkanath received the Karnataka State Cooperative Housing Federation's Award in both 2008 and 2010. His commitment was further honoured with the Aryabhata International Award in 2011, and he was bestowed with the prestigious Sakharatna Award in 2022.

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VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

Born into a humble family, Gaffar Baig unexpectedly found himself shouldering the responsibilities of his household. Working in Dubai for two years, he returned to Bangalore and serendipitously entered the real estate realm. Today, flourishing due to the benevolence of Mother Earth, he actively engages in politics, fueled by fervour for social service.

A Philanthropic Journey from Real Estate Heights to Political Fervour

Known for his benevolence, Ghaffar Baig embarked on his journey in the social sector after a fortuitous entry into real estate. His father's tragic demise in a cycling accident left the family in financial turmoil. Completing his graduation, Baig moved to Dubai, where fate led him to real estate during a vacation in Bangalore. Through honest dealings and transparent transactions, he gained popularity in Mahadevapura constituency, especially as the demand for real estate soared with the growth of industries around Hoodi.

As his stature in real estate rose, so did Baig's inclination towards social work. The love he received from the community for his modest efforts to aid the underprivileged motivated him to step into the realm of politics. Committed to inclusive assistance, he endeavoured to unite the diverse

members of the Muslim community under a common purpose of upliftment.

During his college days at Govt Varthur College, Baig emerged as a leader, serving as the college union leader and later appointed as the general secretary of Varthur Block Youth Congress. His dedication led him to serve as the working president of Varthur Block Youth Congress, followed by the position of Varthur Block Minority Congress President. From Gram Panchayat to Parliament elections, Baig remained actively involved in social and political events, contributing unwavering loyalty to the party. His philanthropic endeavors extended to providing incentives for poor students and distributing food kits to thousands during the COVID-19 pandemic.

Baig's belief in transcending communal boundaries reflects in his leadership philosophy. One cannot be a true leader if confined to a specific community. Recognizing the significance of an individual's character over caste, he aspires to be a voice for the impoverished.

Presently, the people's demand for Baig to contest from Bengaluru Central constituency in the upcoming Lok Sabha elections underscores his growing influence. His adept organization of the Bharat Jodo Yatra, a significant Congress initiative, showcased his leadership acumen as he efficiently managed party workers throughout the campaign, culminating in the successful completion of the yatra alongside Rahul Gandhi.

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Managing Director,
Land Point properties
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The Jodidar family, once zamindars, possesses abundant wealth, yet they wear their affluence humbly. Their richness lies not just in wealth but in their generous hearts, always ready to alleviate the difficulties of others. This family has earned affection and admiration for their altruistic endeavors, with Harish Jodidar, the next generation, at the forefront. Harish is tirelessly dedicated to preserving and elevating his family's reputation, recognised as a family man actively engaged in social work.

The Modern-Day Philanthropist Bringing Hope and Healing

During the era of the Mysore rulers, the family earned the moniker 'Jodidar,' overseeing tax collection in Jodigram. Harish, the son of Jodidar Jayaramaiah and Venkata Lakshmamma, remains dedicated to social service under the guidance of his elders.

Post-education, Harish persisted in aiding government school children, providing essential materials, and covering fees for those in need. In 2013, a significant chapter unfolded in his life with his marriage to **Kruthi Harish Jodidar. Her steadfast support became the driving force behind his impactful contributions to social service. She is the main inspiration and support for Harish's phinlantraphoic work.**

However, life threw them a curve-

ball when Kruthi Harish Jodidar faced kidney failure, necessitating a transplant. The successful procedure marked a rebirth, and together, the couple found greater fulfillment in assisting others facing hardships. Kruthi's compassionate nature extended to Harish to help a fellow patient at the hospital undergoing a transplant.

> **I'm not engaging in philanthropy with aspirations for a political career. I've been driven by personal satisfaction from the start, and I'll continue to do so. If the opportunity arises in politics, it would only enhance my capacity for social service**
> — Harish Jodidar

Renowned in localities like Sahakhanagar, Amrutahalli, Kodigehalli, Yelahanka, Harish has donated 'band sets' and 'track suits' to local government school children, providing 'jackets' to aid civic workers during inclement weather. Moreover, thousands seeking help daily have found solace at their doorstep.

During the pandemic, Harish emerged as a Covid warrior, donning a PPE kit to alleviate the hunger of many who were confined indoors due to fear. Distributing food kits and providing breakfast to hundreds daily, he played a crucial role in saving lives by supplying essential medication to Covid patients.

Currently, Harish holds the position of General Secretary in the Congress Party's State Backward Classes Cell (OBC Cell).

HKJ FOUNDATION: In a recent development, Harish has established a nonprofit organization named the 'Harish Kruthi Jodidar Foundation.' Under this foundation, Harish and Kruthi are committed to undertaking all social welfare activities.

Till now they were was doing charitable services under the name of his grandfather Hanumanthappa for an extended period, they now intend to carry forward the legacy of social service through this newly established foundation.

In the realm of social service, Kruthi Harish Jodidar, being a kidney recipient herself, stands as a dedicated companion alongside her husband. On behalf of the foundation, she has generously distributed free sarees to 2,000 women in their constituency, contributing to the well-being of the community. Moreover, marking the occasion of 'Nationl Girl Child Day,' Kruthi took initiative in providing 'Safety Kits' to adolescent girls. Her commitment to uplifting and supporting those around her reflects a shared dedication to making a positive impact through meaningful initiatives. Together with her husband, she has made frequent donations to specially abeled schools and rehabilitation centres. They form a dynamic duo, extending their efforts to benefit the lives of others in the community.

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VK ACHIEVERS OF BENGALURU

Bengaluru's Achievers

An engineering graduate, KV Rajendra Kumar epitomises the conviction that serving the public is the very core of existence. Involved in diverse roles, ranging from a former corporator representing Nandini Layout in the recent BBMP to actively participating in industrial associations, Tulu associations, and engaging in Rotary organizations, his path is characterised by a dedicated commitment to the well-being of the community

A Visionary Leader & Philanthropist Transforming Communities

EDUCATIONAL JOURNEY AND LEADERSHIP: Originally from Mangaluru, KV Rajendra Kumar pursued his education from primary to PUC at the renowned St. Aloysius institutions.

Subsequently, he achieved his engineering degree at Jayachamarajendra College, Mysore. His journey into leadership began as the president of the student union, and he extended his influence by assuming the role of chairman for the All Engineering College Action Committee.

ENTREPRENEURIAL VENTURE: After a decade of managerial experience in Mysore and Bangalore, Rajendra Kumar ventured into entrepreneurship in 1994, establishing Turbo Tech Industry. This business endeavour became a beacon of job creation, providing employment opportunities to hundreds of individuals.

PUBLIC SERVICE: Rajendra Kumar's dedication to public service is unwavering. As the immediate past corporator of Nandini Layout, he played a pivotal role in elevating it to a smart ward. During the challenging times of the COVID-19 pandemic, he actively contributed by distributing essential food and grocery kits, organizing daily lunches for 2000 people, and addressing the needs of the underprivileged.

TRANSFORMATIVE DEVELOPMENT INITIATIVES: Nandini Layout, under the thoughtful leadership of KV Rajendra Kumar, experienced a transformative touch as he generously distributed medicinal aid, earning the affection and gratitude of the residents. His tenure as a corporator became a testament to proactive development, with significant contributions to the landscape of Nandini Layout.

In this period, key infrastructural marvels took shape, including the establishment of Samudaya Bhavan, a hospital, a stadium, and the BBMP Complex. Driven by a visionary spirit, Rajendra Kumar played a crucial role in elevating Nandini Layout to a smart ward. This transformation was evident through a myriad of developmental initiatives, such as the creation of R Ambedkar Udyan, a dedicated space for communal activities, and the Father-Mother and Child Park, designed to cater to the diverse needs of families. Recognizing the vital importance of access to clean water, Rajendra Kumar facilitated the implementation of drinking water plants, ensuring a sustainable supply for the residents. In line with modern safety measures, the installation of CCTV cameras enhanced security, fostering a safer and more secure environment. Additionally, his commitment to education and knowledge dissemination materialized in the establishment of a library, providing a valuable resource for the community.

MULTI-FACETED LEADERSHIP: Rajendra Kumar's leadership extends beyond politics and entrepreneurship. Serving as the President of the Peenya Industrial Association, he played a pivotal role in the establishment of a multi-specialty hospital. His involvement in the Rotary organization, Bangalore Tulu Koota, and various associations of Dakshina Kannadiga showcases his dedication to diverse community causes.

AWARDS AND RECOGNITIONS: Acknowledging his contributions, Rajendra Kumar has been honored with The Best Entrepreneur Award by the Peenya Industrial Association. His service as the Chairman of Infrastructure of Karnataka State Small Industries Association and leadership in various Rotary Club initiatives earned him The Best Service Director award. Rajendra Kumar's multifaceted journey is a testament to the transformative power of visionary leadership and unwavering commitment to the welfare of communities.

K V Rajendra Kumar
Immediate past Corporator
BBMP, Nandini Layout
and Industrialist

In the realm of architecture, where bigger often seems better, N Chethan, Proprietor, Kamala Arcs emerges as a maverick, transforming the ordinary into the extraordinary

We Build Your Dreams

Armed with a degree in Civil Engineering, his claim to fame lies in constructing a duplex marvel on a pint-sized 20X30 feet plot at an age when most are just beginning their careers.

Hailing from Maddur taluk of Mandya district, Chethan is son of Dr. V. Nagaraju and Kamalamma. After graduating in Civil Engineering, he embarked on a journey to Bengaluru in pursuit of a job. Commencing his professional career at PM Construction company, he honed his skills for four years before venturing into entrepreneurship and founded Kamala Arcs, a pioneering building design company located in Vishwapriya Nagar, Begur.

His focus was on crafting exquisite homes within the confines of a 20x30 feet space. While he harboured unwavering faith in his ability to construct a house in such a modest area, the public hesitated to join this groundbreaking experiment.

Undeterred, he sold his own residence and purchased a 20x30 feet plot with the aim of inspiring confidence. Constructing a duplex house on this small canvas marked the inception of his remarkable journey.

Beyond blueprints and construction plans, Chethan wears the hat of a mentor, guiding students to carve their niche in the industry. Many have graduated under his wing to establish their construction empires. Yet, amidst the bricks and blueprints, Chethan's heart beats to the rhythm of Kannada literature.

An engineer, turned architect, turned wordsmith, he weaves tales, poems, and articles whenever inspiration strikes.

At the summit of his achievements, it's crucial not to overlook the invaluable contributions of those who played a crucial role in his success. He firmly believes that failing to acknowledge these contributors would be a form of self-deception. The credit for his success rightly goes to his pillars of support—his mother, Kamalamma, wife Ramya, brother Chandan Kumar, and children Ninada and Nirag.

He has special mention for PM Jagannath who provided him with the job, veteran journalist P. Thyagaraj and well-known journalists Shivraj, and Mulukunte Prakash, all of whom have left an indelible mark.

Numerous state newspapers have featured articles highlighting the construction of quality residences on compact plots. Chethan's profound insights have been shared through enlightening interviews on major media channels, including Chandana, Kasturi, and Suvarna.

NUMEROUS ACCOLADES ADORN CHETHAN'S CAREER

- Dr. Shivarama Karanth Award, Aryabhata Award, and the Kempegowda Award (2018) bestowed by BBMP in recognition of his groundbreaking contributions to building construction.
- He has been honoured with the Best Engineer Award by Ultratech and ICI for his exemplary work in building design. Remarkably, he clinched this esteemed award for two consecutive years.
- Championing the cause of education, Chethan extends support to students who have successfully completed their 10th grade and those scoring above 85 percent at Pramila Veerappa High School in Valagerahalli, Maddur taluk.
- This contribution has spanned 18 years, reflecting his steadfast commitment. Beyond this, he actively participates in the development of other schools and temples in rural areas.

CONTACT: 9900262236
kamalaarcs@gmail.com

real estate

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HRBR LAYOUT 2nd Block Apartment 2 & 3 BHK luxurious FLATS available FOR SALE 9108387564. 8050502605

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FOR SALE COMMERCIAL PROPERTY HSR LAYOUT 4000Sqft LAND BUILT UP 5FLOORS 15000 Sqft .OWNER 9844066371

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BHARATNAGAR BEL Society 30x50 North Face Sale on 40ft Road & Visveswaria Layout 6th Block BDA 30x30 Corner Site for Sale: 9964971895

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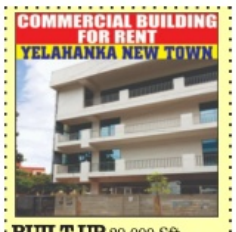

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personal

CHANGE OF NAME

I, Mujasseemara Shaik R/o #3 Horamavu Rd Near Navajyothi Public School Raghavendra Nagar Ramamurthy Nagar B'luru-560016 have changed my name to Mujassim Ara Javeed for all purposes

I, Anilkumarreddy N S R/o Flat.305, 3rd flr, SG Vinaya palace Apt, Sridharagudda main Rd, Kodipalya, Kengeri, B'luru 560060 have changed my name to Anilkumarreddy Siddareddy, affidavit Dt.07/10/2023 notary Harisha G, B'luru

I, Samuel David Bheemanapally, R/o Flat no 808 b, Kristal Beryl appt, Gottigere, Bannerghatta Rd, Bengaluru, KA,560083-Hence forth change my name as Samuel David Beemanapally S/0 David Samuel Beemanapally

I, NARENDRA BABU MUNEGOWDA Residing at No. 55, Kempegowda Main Road, Near Govt Depove, Muninanjappa Layout, Dasar- ahalli, Bangalore-560024 have changed my name to NARENDRA BABU vide affidavit dated 05/10/2023 Sworn before notary: H Sridhar Rao, B'lore

I, ARIFA KHANUM GADIWAN, R/a #147, 4th Cross, JHBCS Layout, Near Minhaj Nagar Park, Minhaj Nagar, JP Nagar Post, Bangalore-78. I, have changed my name to, ARIFA HAFEEZ GADIWAN, Vide affidavit, dated 06/10/2023 Sworn before Notary: L Puttaraju, Bangalore

I, Ramya.V W/o Manjunatha.S Residing at Flat No.4D, Block, Skav Aastha, No 19/2, Yeshwanthpur Industrial Suburb, Next to RG Royal Convention Hall, Mahalakshmi Layout, B'lore-560086 declare that RAMYA.V & RAMYA MANJUNATH both names belongs to me also belongs to same person & my Correct name is RAMYA.V as in my voter ID, Aadhar, PAN but in my Union Bank records my name is mentioned as Ramya Manjunath instead of Ramya.V vide affidavit dated 6/10/2023 sworn before Notary K.Mohan Bangalore.

I, SIDDHARTH K.S, Residing at No 290/2, 1st Floor, 34th A Cross, 9th Main, 4th Block, Jayanagar, Bengaluru-560 011. Have changed My name to SIDDHARTH SURESH vide affidavit dated 06/10/2023 before Notary Aravind Patil G.G Bangalore

I, Jiva Ram Mali R/o No 28 Kottage Lane Park Road Opp Srinivasa Hospital Gandhinagar Bangalore have changed my minor son's name from Vagtaram to Vagtaram Mali.

I, Jostna Mmahadev Koodi D/o Mahadev B Koodi R/o 35, 2nd Floor , 1st Cross , GKW Layout, Vijaynagar, B'lore-560040 have changed my name to Jostna Mahadev Koodi .

I, Abdul Latheef Sahib Abdul Rabiq S/O Abdul Lateef 2295 DJ Halli B-45 have changed my name to Abdul Rafiq for all purposes.

I, Abdul Latheef Sahib S/O Abdul Jaleel #2295 Cauvery Nagar B'lore-45 have changed my name to Abdul Lateef for all purposes.

I, Shakeela R/o Doddananagar, KB Sandra, Bangalore-32 have changed my name to Meharunnisa for all purposes.

MISSING

MISSING

Child missing from 6th October, From No. 15/2, 6th Cross, Someshwaranagar. Jayanagar, 1st Block, Bangalore- 560011
Name: Abdul Faizan
Age: 12 years, Hight: 4.7 feet,
Child is mentally challenged.
Contact: 9108708006

HEALTH TIP: PCOS can cause imbalance in your body's hormonal composition that would give rise to sudden mood swings

Apart from your muscles, weightlifting also puts a strain on your bones and increases their strength and density in the process

BangaloreMirror | 24
Sunday, October 8, 2023
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Anxious times

In higher education, there is larger risk of anxiety, depression: Study

A recent study led by academics from UCL found that young people in higher education in England are marginally more likely than their peers to experience sadness and anxiety.

The research paper, published in The Lancet Public Health, is the first to find evidence of higher levels of depression and anxiety among higher education students compared with their peers.

The authors discovered that by the age of 25, there was no longer a difference between graduates and non-graduates.

Lead author Dr Gemma Lewis (UCL Psychiatry) said, "In recent years in the UK we have seen an increase in mental health problems among young people, so there has been an increased focus on how to support students. Here we have found concerning evidence that students may have a higher risk of depression and anxiety than their peers of the same age who are not in higher education.

"The first couple of years of higher education are a crucial time for development, so if we could improve the mental health of young people during this time it could have long-term benefits for their health and wellbeing, as well as for their educational achievement and longer-term success."

The researchers used data from the Longitudinal Studies of Young People in England (LSYPE1 and LSYPE2). The first study included 4,832 young people born in 1989-90, who were aged 18-19 in the years 2007-9. The second study included 6,128 participants born in 1998-99, who were aged 18-19 in the years 2016-18 (i.e., prior to the disruption of the COVID-19 pandemic).

In both studies, just over half attended higher education. Participants in the studies have completed surveys about their general mental health, to investigate symptoms of depression, anxiety, and social dysfunction, at multiple time points over the years.

The researchers found a small difference in symptoms of depression and anxiety at age 18-19 between students (including those at university and other higher education institutions) and non-students.

This association persisted after adjustment for potentially confounding factors including, among others, socioeconomic status, parents' education, and alcohol use.

The analysis suggests that if the potential mental health risks of attending higher education were eliminated, the incidence of depression and anxiety could potentially be reduced by 6% among people aged 18-19.

First author Dr Tayla McCloud (UCL Psychiatry) said, "Based on our findings, we cannot say why students might be more at risk of depression and anxiety than their peers, but it could be related to academic or financial pressure. This increased risk among students has not been found in studies in the past, so if the association has only recently emerged, it may be related to increased financial pressures and worries about achieving high results in the wider economic and social context.

> "The first couple of years are crucial time, so if we could improve the mental health of young people during this time it could have long-term benefits

"We would have expected higher education students to have better mental health than their non-student peers as they tend to be from more privileged backgrounds on average, so these results are particularly concerning. More research is needed to clarify the mental health risks facing students.

"Improving our understanding of modifiable risk factors for depression and anxiety is a global health priority, and it is clear that supporting the mental health of our young people is vitally important." **-ANI**

MIRRORLIGHTS

Study shows immunity from routine vax can potentially fight cancer

Researchers have demonstrated "in theory" that a protein antigen from a childhood vaccine can be delivered into the cells of a malignant tumour to refocus the body's immune system against the cancer, effectively halting it and preventing its recurrence.

The bacteria-based intracellular delivering (ID) system uses a non-toxic form of Salmonella that releases a drug, in this case a vaccine antigen, after it's inside a solid-tumour cancer cell.

"As an off-the-shelf immunotherapy, this bacterial system has the potential to be effective in a broad range of cancer patients," said Neil Forbes, professor of chemical engineering, at University of Massachusetts-Amherst, in a paper published in the journal Frontiers in Immunology.

The research offers promise toward tackling difficult-to-treat cancers, including liver, metastatic breast and pancreatic tumours.

The team has filed for a patent and plan to seek FDA approval in an effort to start clinical trials within a few years.

"The idea is that everybody is vaccinated with a whole bunch of things, and if you could take that immunisation and target it towards a cancer, you could use it to eliminate the cancer," Forbes explained.

To test their theory that this immune treatment could work, Forbes and team genetically engineered ID Salmonella to deliver ovalbumin (chicken egg protein) into the pancreatic tumour cells of mice that had been immunised

with the ovalbumin 'vaccine.'

The researchers showed that the ovalbumin disperses throughout the cytoplasm of cells in both culture and tumours.

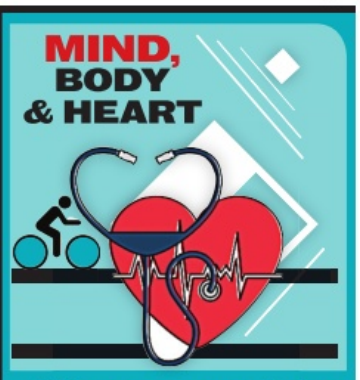
The ovalbumin then triggered an antigen-specific T-cell response in the cytoplasm that attacked the cancer cells. The therapy cleared 43 per cent of established pancreatic tumours, increased survival and prevented tumour re-implantation, the paper said.

"We had complete cure in three out of seven of the pancreatic mice models," Forbes said "We're really excited about that; it dramatically extended survival."

The team then attempted to re-introduce pancreatic tumours in the immunised mice. The results were exceedingly positive.

"None of the tumours grew, meaning that the mice had developed an immunity, not just to the ovalbumin but to the cancer itself," Forbes said.

"The immune system has learned that the tumour is an immunogenic. I'm doing further work to figure out how that's actually happening." **-IANS**



All you need to know about...

Fasting

How fasting affects body
As the human body is starved of food, there are a number of distinct metabolic changes that occur. Our body utilises the carbs from the food we eat as fuel to give energy for different body functions. During fasting, in the absence of food, our body looks for other non-carbohydrate sources such as amino acids and triglycerides through a process called gluconeogenesis.

Approaches
There are several different fasting approaches like – intermittent fasting, alternate day fasting, whole day fasting, time restricted fasting, fasting only with fluids, each with its own unique effects and potential benefits.

Impact on weight loss
There are various mechanisms due to which weight loss can take place:
- It leads to reduction in calorie intake, leading to a caloric deficit, which can lead to weight loss.
- Oxidation of fats increases during fasting, and the body utilises stored fats as energy instead of glucose leading to fat loss.
- Fat breakdown also happens because of alterations in the levels of certain hormones, which leads to loss of weight.
- Fasting periods lower insulin levels, making stored fat more accessible.

On metabolic health
- Intermittent fasting can help ease metabolic syndrome (an umbrella term used for a number of risk factors like obesity, high blood pressure which lead to diseases such as diabetes, heart disease, stroke and cancer).
- Insulin sensitivity is improved and there is better glucose control with intermittent and prolonged fasting in turn reducing the risk of type 2 diabetes.
- Fasting also improves blood lipid profiles by reducing triglycerides and LDL cholesterol levels.

-Dr Meghana Pasi for Femina

Fuel your body with good food

Sridhar.Vivan
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TWEETS @sridharvMIRROR

For many, the big question is pondering what to eat to stay fit. Here is your BM guide to eating right. BM Health spoke to dietitians to understand what should be eaten regularly. Dietitians stress that for total health and well-being, it's crucial to eat properly and maintain a healthy, balanced diet.

Thousia Hassan, dietitian at Kinder Women's Hospital and Fertility Centre, said, "The following advice can assist you in making wiser eating selections: First, balance your plate, as each meal should contain a variety of foods from several dietary categories. Vegetables, fruits, lean meats, whole grains, and healthy fats are often found in a balanced meal. Secondly, focus on portion control, as it is essential to prevent overeating. To aid with portion management, use smaller utensils and plates. Thirdly, include sources of healthy fats in your diet, such as avocados, nuts, seeds, and olive oil. The heart benefits from these lipids. Include lean protein sources in your diet, such as chicken, turkey, fish, tofu, beans, and lentils."

On your plate, aim to have half fruits and vegetables. They include a lot of fibre, vitamins, and minerals. To obtain more fibre and nutrients, choose whole grains like brown rice, quinoa, and whole wheat bread over processed grains. She explained that you should reduce your consumption of sweetened beverages, sweets, and desserts, as well as other meals and beverages with a lot of added sugar.

> **"First of all, set practical goals that can be incorporated into your work and lifestyle. Make smsall changes at a time so that you can stick to them for year** –Suneetha Rao

Furthermore, she asked to learn to read and comprehend food labels so you can choose the things you purchase with knowledge. Foods that have been processed and refined a lot frequently have dangerous chemicals and a lot of salt. They should be consumed less. Drink a lot of water all day long. Hunger and thirst can occasionally be confused.

Experts say that you may have greater control over the ingredients and portion proportions when you prepare your meals at home. A good diet is only one component of total health, so keep that in mind. Maintaining a healthy lifestyle also requires regular physical activity, enough sleep, and effective stress management.

According to Suneetha Rao, Chief Dietitian at NU Hospitals, Rajajinagar, eating right for good health is what everyone plans and aspires for.

"Most New Year resolutions revolve around this plan and fail by the end of the first month. Let us see what we can do to follow a sustainable, healthy diet regime. First of all, set practical goals that can be incorporated into your work and lifestyle. Make small changes at a time so that you can stick to them for years to come. Start with the habits that matter the most, like reducing eating out or ordering out," she said.

Reduce snacking between meals and choose healthier options when you have to snack. For example, home-popped popcorn with less oil and salt is healthier than the cheesier version with butter sold outside. A bowl of fruit chat, sprouts, salads, or chat made from boiled chickpeas and raw vegetables can replace processed and packaged snacks like biscuits, cookies, bakery food, and fried namkeens. Include a variety of whole grains, she added.

Women in walkable area have lower obesity: Research

Living in a more walkable area, according to a new study, lowers the incidence of obesity-related cancers in women, especially postmenopausal breast cancer, but also ovarian cancer, endometrial cancer, and multiple myeloma.

The findings are published in the journal Environmental Health Perspectives.

Obesity has been associated with an increased risk of 13 different forms of cancer in women, and physical activity, regardless of body size, reduces the risk of some of these malignancies.

Neighbourhood walkability refers to a set of urban design elements that encourage pedestrian activity, boost total physical activity, and are related to a lower BMI.

Long-term investigations evaluating neighbourhood walkability and the incidence of obesity-related cancer were, however, scarce until now.

Women who resided in neighbourhoods with higher walkability levels, as measured by average destination accessibility and population density over approximately 24 years of follow-up, had a lower risk of obesity-related cancers, particularly postmenopausal breast cancer. However, moderate protective associations were also found for endometrial cancer, ovarian cancer, and multiple myeloma. **–ANI**

Revitalise your liver with a mindful diet

Maintaining good health is a top priority, and one often underestimated aspect is the health of our liver. This vital organ acts as the body's primary detoxifier, constantly working to eliminate harmful toxins and support overall well-being. Recent research has shed light on the significant role of N-Acetyl Cysteine (NAC) in promoting liver health. NAC is a valuable ally as it boosts the production of glutathione, a crucial antioxidant that empowers the liver to efficiently neutralise toxins. Palak Midha, Co-Founder of Miduty, emphasises the importance of NAC in fortifying the liver's capabilities and enhancing our overall health.

Here are your diet essentials to detox your liver:

Healthy fats

There's a difference between the consumption of unhealthy fats and healthy fats. Meat, refined oil, butter, and cheese contain huge amounts of fats that are harmful to the body. Whereas, nuts, nut butter, avocado, chia seeds, walnuts, olive oils, corn, and soy are essentials to detoxify your liver.

Leafy vegetables

The majority of green vegetables, including spinach and cabbage, are excellent sources of fibre and are beneficial for promoting bile production. They can be consumed fresh, cooked, in juice, and in soups as well. Toxins are efficiently removed from the circulation even in the presence of a high chlorophyll content.

Citrus fruits

Grapefruits, oranges, limes, and lemons are good sources of antioxidants and vitamin C, which flush out toxins from your body.

Increase intake of fatty acids

Seafood is an excellent source of fatty acids and helps cleanse and detoxify the liver. **–Femina**

FARNAZ

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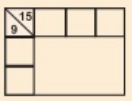
SOLVE IT IN A MINUTE

$\sqrt[3]{(8)^{-1}} + \sqrt{(0.25)} = ?$

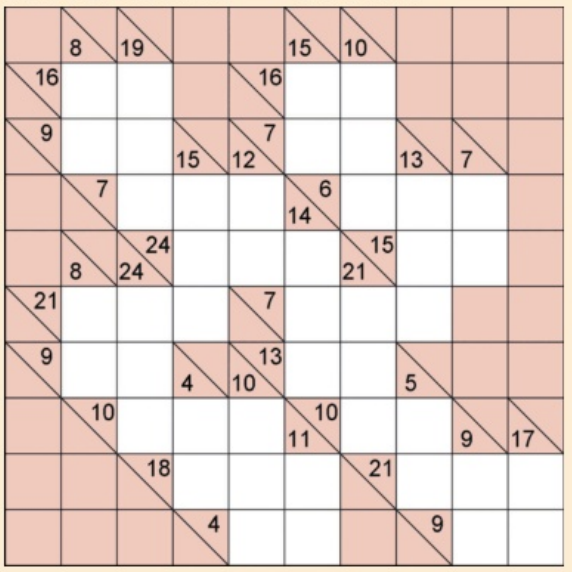
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

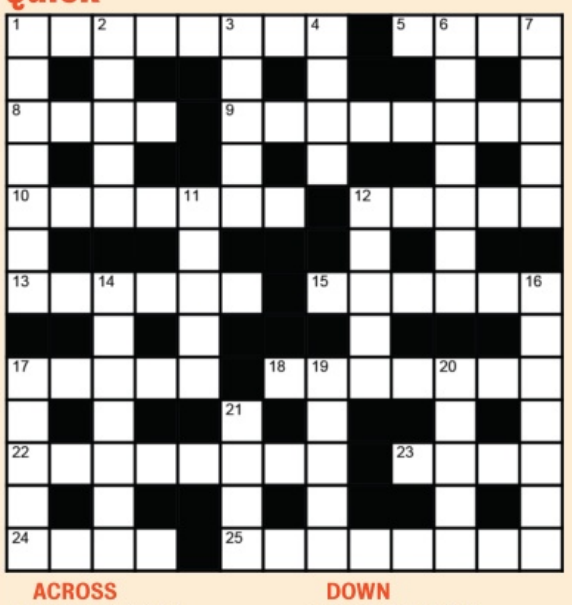


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Degree holder (8)
5 Popular singing talent show Indian ___ (4)
8 Run quickly (4)
9 Thwarting or restraining (8)
10 Enforced compliance with (7)
12 Exasperated (3,2)
13 Karnataka city just south of Goa (6)
15 Propagates, reproduces or sires (6)
17 Courteous (5)
18 Delight, rapture (7)
22 Bother (8)
23 Hindu ascetic (4)
24 Lends a hand (4)
25 Send off for a purpose (8)

DOWN

1 Theatrical club (7)
2 Greek fabulist (5)
3 Get up or awake (5)
4 Catch sight of (4)
6 Become gradually lesser and lesser (7)
7 Help in mounting (3-2)
11 Outer covering for shoulders (5)
12 Armed strongholds (5)
14 Honoured (7)
16 Trendy (7)
17 Beijing is it's capital (5)
19 Ships' teams (5)
20 Overhead or above (5)
21 Stiff paper (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Y EQUALS T

YJM QPMXY XCN ZO MWGLXY-CZT CE TZY HTZVUMWQM KGY XLYCZT.

Linemaro

Are you an interior decorator? Because when I saw you, the entire room became beautiful.

Mindchow

A person who smiles in the face of adversity probably has a scapegoat

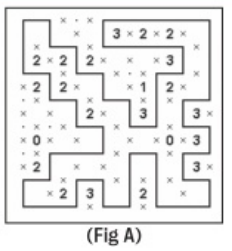
Joke of the day

Did you hear about the constipated composer? He couldn't finish the last movement.

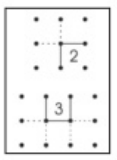
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

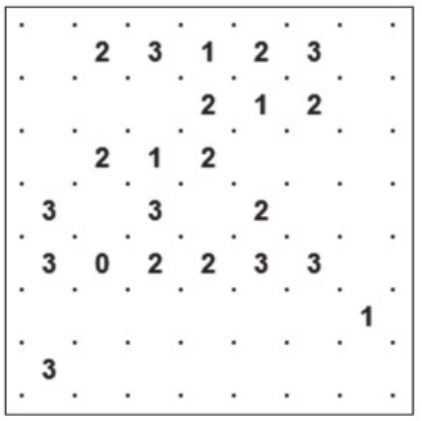


(Fig B) Not Allowed

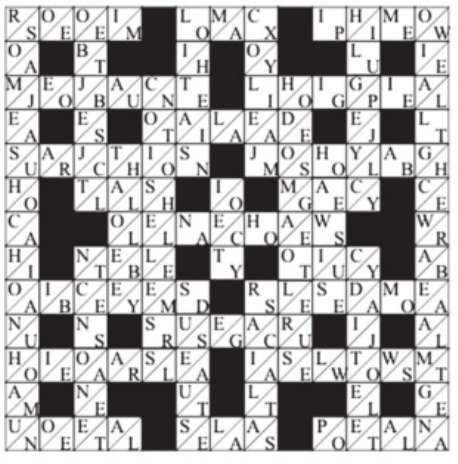
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				H
9				

ACROSS

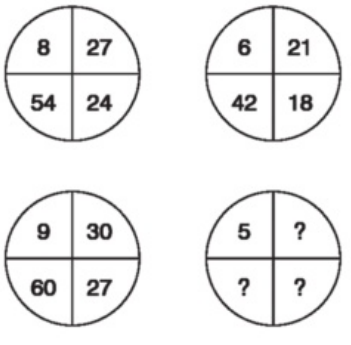
1 SS Bot; 6 Your L; 7 Unapt; 8 C Math; 9 Splat

DOWN

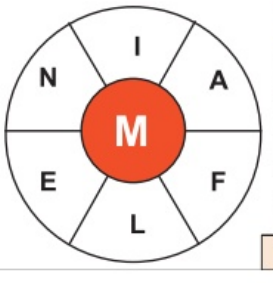
1 Lumps; 2 Talon; 3 A tout; 4 Br CAT; 5 ps Shy

Mensapuzzle

What numbers should replace the question marks?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

16 Average; 18 Good; 20 Outstanding

SudokuChallenge

		8	1		7	9		
4								2
7		2	4		9	5		3
	3			4			2	
8								1
	6			8			4	
6		5	3		2	7		8
1								9
		7	8		5	4		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 24
5 5 5 9

Medium = 10
1 2 4 9

Hard = 2
6 7 9 6

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

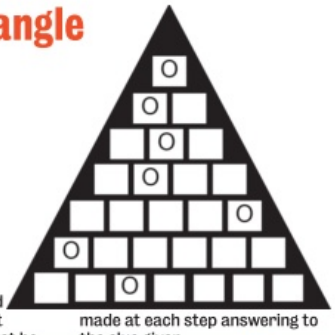
Differences: 1. Sleeve is shorter. 2. Pocket is added. 3. Lampshade is different. 4. Ball is moved. 5. Player's leg is moved. 6. Stripe is added to sleeve.

Riddler

Use synonyms of the following phrases to decode popular movie titles.
1) Has to Like Canines
2) Male of the 12 Months
3) Swashbucklers of the Tropical Sea

Alpha triangle

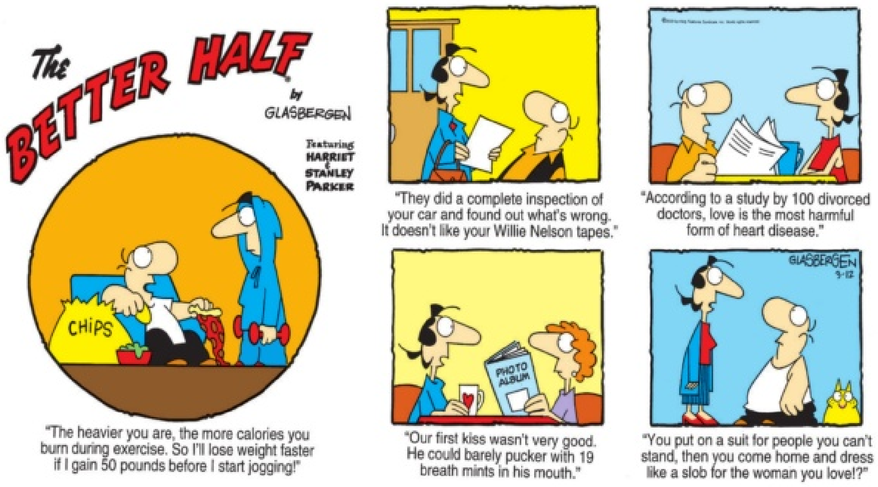
1 Atomic number 8
2 Either
3 Pole for fishing
4 Highway
5 Signal receiver
6 Establish by law
7 Like some fans



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today's messy situation is under control. You are blessed by the moon. You may initiate your postponed work. With the blessing, you may get rewarded for your hard work. There are some gains in your business that may boost your finances. You may spend money on artefacts or literature. You may also plan for overseas travel.

Leo Jul 24 – Aug 23
Today, you may feel very dull. It may make you lazy and careless; you are likely to be unfocused at work; and impatience may pull you down negatively. Kids and your spouse's health may make you upset. You should avoid making investments in assets. Love birds should avoid making arguments in family matters.

Sagittarius Nov 23 – Dec 22
Today you are blessed by the moon; it is a good day for you. You have good vitality and energy. You may enjoy work and romantic moments with your spouse, which may improve family harmony. You are likely to make new plans to start some new project, and your perfection may help you design the flow chart. Job aspirants will find a good job. Lovebirds are advised to avoid discussions on worthless topics.

Taurus Apr 21 – May 20
Today, you may be busy with family issues. You may explore your extra sources of income in terms of gains. You might take an interest in artefacts, movies, and glamour, which may improve your creativity. Love birds have a clear view in terms of their relationships. Students may now go ahead with their career goals.

Virgo Aug 24 – Sep 23
Today you may find negative vibrations around you, which may make you unhappy. You are advised to avoid making investments in worthless assets. Your friends are not likely to be supportive today. So you should not expect more from them in terms of help; otherwise, it may make you more upset. You are advised to follow intuition before making important decisions today.

Capricorn Dec 23 – Jan 20
Today, you may be disappointed. You are advised to control your arrogance; otherwise, you may face some losses due to your speaking while you are talking with anyone. Love birds should be careful in discussions; otherwise, relationships may be affected.

Gemini May 21 – Jun 21
Today, you may not feel well; you might have health issues, which may affect your profession and domestic life. You are likely to be upset due to your spouse's health issues. Your patience may be tested many times. You are advised not to make investments in new business projects; otherwise, you may face losses. Students are advised to avoid fantasy and should work hard in their studies.

Libra Sep 24 – Oct 22
Today, you may be able to implement business plans successfully with the support of your subordinates. You may be involved in some social or family get-togethers, which may boost your network. You are likely to go on short business-related trips, which may give you benefits in the near future.

Aquarius Jan 21 – Feb 19
Today, you are blessed by the moon, and new sources of income are likely to open. Your past investments will now start paying off in terms of profits. Your losses will be converted into profits, which will boost your financial health. Health issues related to parents may be resolved.

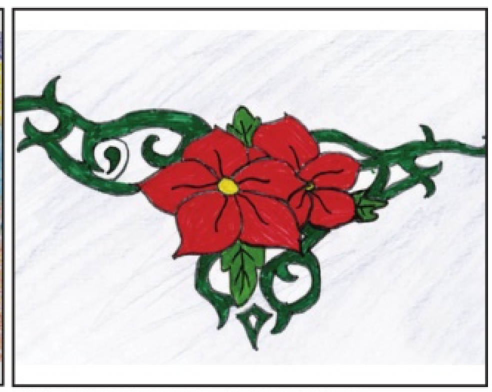
Cancer Jun 22 – July 23
Today, you are blessed by a positive moon. You may feel healthy, and old health issues may be cured now. The amount, which was stuck somewhere, is likely to be recovered now. You may also apply for a loan to buy some stuff related to luxury.

Scorpio Oct 23 – Nov 22
Today is a good day; your financial health is likely to be good. You may get benefits from your past investments. You may have control over your spending on worthless stuff, which may boost your savings. Lovebirds are advised to be polite in the conversation with their partner; otherwise, there may be some conflicts between them.

Pisces Feb 20 – Mar 20
Today, you may be very happy, but you will be busy at work. Your seniors may be happy and appreciate your work. You are likely to have some changes in your place, position, or responsibilities at work in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and lovebirds may make important decisions in terms of marriage with the help of relatives or friends.

KIDZONE

Anoushka Sen, 7 Years, Army Public School


Monisha V, 13 Years, Indiranagar Cambridge School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru–560 011; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M 2^{3×(−1)×⅓}+(25/100)^(½)
= 2^(−1)+2^(−2×½)
= ½ + ½ = 2/2 = 1

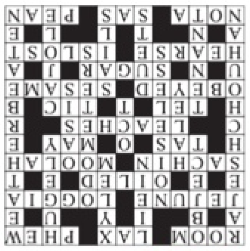
RIDDLER (1) Must Love Dogs, (2) Man of the Year,)3) Pirates of the Caribbean

BULL'S EYE
amen, fame, famine, film, flame, INFLAME, lame, lima, lime, mail, main, male, mane, meal, mean, menial, mien, mile, mine, name

FAST FIVE

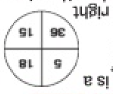
S	T	O	B	S
L	O	U	R	Y
U	N	T	A	P
M	A	T	C	H
P	L	A	T	S

STRIKE OUT



QUICK

MENSA PUZZLE
Top left is a third of bottom right, bottom right is three less than top right and top right is half of bottom left.



QUOTE UNCODE
The great aim of education is not knowledge but action.

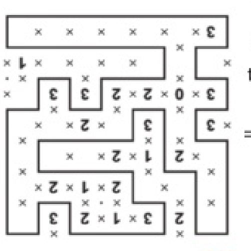
SUDOKU

3	5	8	1	2	7	9	6	4
4	9	6	5	3	8	1	7	2
7	1	2	4	6	9	5	8	3
5	3	1	9	4	6	8	2	7
8	7	4	2	5	3	6	9	1
2	6	9	7	8	1	3	4	5
6	4	5	3	9	2	7	1	8
1	8	3	6	7	4	2	5	9
9	2	7	8	1	5	4	3	6

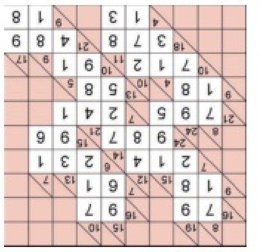
ALPHA TRIANGLE
0, Or, Rod, Road, Radio, Ordain, Adoring.

GO FIGURE
Easy
5 + 5 + 5 + 9 = 24
Medium
4 / 2 + 9 − 1 = 10
Hard
9 − 6 + 6 − 7 = 2

LOOP



KAKURO



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Global triumph

Nora Fatehi has left no stone unturned to prove her limitless talent and dedication. She has amassed a global following and a dedicated fan base through her sensational performances and acting prowess. While her closing performance at the FIFA World Cup 2022, alongside global names like Davido, Ozuna and many others, set the stage on fire, she will be headlining an all-new global event this time.

The All Africa Festival will see the gorgeous Bollywood sensation Nora Fatehi headline one of the nights of the week-long festival. The event will also feature other international singers, namely, Congolese-French rapper Maitre Gims and Stonebwoy, a Ghanaian Afropop, dancehall and reggae musician. Scheduled in February 2024, the festival is said to take place at Yas Islands, Abu Dhabi.

She says, "I am truly excited to be headlining the All Africa festival in Abu Dhabi amongst other international singers. This one is special for me because, being a North African artist myself, I always enjoy celebrating African music and dance. It will be a night full of high-energy performances merging all my songs into the Afro world! After Dance Meri Rani, once again, I'll be merging the Indian and African worlds together, but this time on stage! I'll be bringing dancers from India to grace the stage with me, and what's more exciting is the audience will be diverse, hence uniting everyone through music and dance!" **– ETimes**

Dance duo

Shahid Kapoor, Kiara Advani delighted fans with dance reunion

Bollywood stars Shahid Kapoor and Kiara Advani, the iconic duo from the hit film "Kabir Singh," recently delighted fans with a sensational dance reunion, leaving the audience cheering for more. Known for their scintillating on-screen chemistry, the "Kabir Preeti" pair set the stage on fire as they grooved to the chart-topping track "Kaise Hua" from their 2019 romantic drama.

In a video shared on social media, Shahid Kapoor and Kiara Advani showcased their dance prowess, rekindling the magic of their characters from the film. Fans were pleasantly surprised by this unexpected reunion, and their electrifying chemistry illuminated the screen, evoking fond memories of "Kabir Singh."

Clearly overjoyed by the reunion, Kiara captioned the video as "The Kabir Preeti reunion." Her enthusiasm and radiant smile during the performance resonated with fans, who eagerly cheered for the dynamic duo. But the excitement didn't stop there. Kiara Advani, known for her charismatic dance moves, also treated fans to her energetic performance on the iconic tracks "Saat Samundar Paar" and "Sauda Khara Khara" from her movies. Adding to the star-studded affair, she shared moments of her dancing alongside actor Varun Dhawan to their song "Rangisari" from the film "JugJugg Jeeyo." Their infectious energy and camaraderie added to the joy of the moment, making it a weekend to remember for fans of Indian cinema.

-ETimes

Sushmita's comeback

Sushmita Sen announced the official streaming date of her upcoming web series' Aarya Season 3'. Taking to Instagram, Sushmita shared an intriguing video, which she captioned, "Sherni ke lautne ka waqt aa gaya hai," followed by a wink and a red heart emoticon.

The clip did not feature the Aarya title. Still, it did feature visuals of claws tearing apart the screen to reveal the release date of November 2. Soon after Sushmita dropped the video, fans flooded the comment section.

A fan wrote, "Finally, the wait is over, super excited". 'Aarya' marked Sushmita Sen's comeback on-screen in June 2020. In the series, the actor plays a tough woman who goes beyond boundaries to protect her family from the world of crime.

The first season was nominated for the 'Best Drama' series at the International Emmy Awards.ed by Ram Madhvani, the series also stars Namit Das, Manish Chaudhari, Sikandar Kher, and Vinod Rawat, among others, in pivotal roles. **–ETimes**

Beauty tips

Gwyneth Paltrow has shared what works and doesn't work for her beauty regimen. The 'Iron Man' actress took time out of her schedule to do a brief social media Q&A with her supporters as she prepared for a television appearance.

As fans flooded her messages, Paltrow, 51, revealed she has a love-hate relationship with Botox. After being asked if she'd ever tried the injectable, she admitted that she has, reports People magazine. "God, yes. Both successfully and unsuccessfully, I'm afraid," Paltrow responded on her Instagram Story.

In the following Q&A post, a fan commended the 'Avengers: Endgame' star for shooting a closeup photo with the New York Times. The individual asked, "How does your skin look so good?" Paltrow thanked the person and assured them that her healthy glow comes from her being "diligent with my skincare."

As per People, she also shared her current skincare routine, which consists of products from her company, Goop, including Microderm, a peptide serum, and a once-a-week overnight peel pad. Paltrow spoke to People about another wrinkle-reducing injectable she'd given a shot, Xeomin. During a September 2020 interview, the Oscar winner admitted the procedures weren't typically her favourite. "I had always thought they had made me look kind of crazy," she said.

Her outlook changed when she heard about Xeomin. This cosmetic injectable smoothes fine lines using a uniquely purified formula that removes unnecessary proteins. "I eat well. I exercise. I have amazing Goop products and everything, but sometimes you just need extra help," Paltrow replied while laughing. **–IANS**

Wellness journey

Chris Hemsworth is giving full attention to his health. In an interview with Men's Health, Hemsworth revealed that he has made major lifestyle changes after learning about his high risk for getting Alzheimer's disease, Fox News reported.

"Now, I'm incorporating more solitude into my life," Hemsworth, 40, shared. "I've always been pretty consistent with my exercise commitments, but lately, I've felt the importance of taking time for yourself without any outside voice or stimulation and making time for stillness," he added.

The Thor star is now incorporating more time for 'mindfulness work'. "I do a lot of meditation and breathing work, mostly during sauna and ice bath routines," he added. "For me, my favourite mindfulness work comes from the immersion in physical actives that allow me to be fully present and force me out of my head and into my body, particularly surfing."

Hemsworth has been making his health a top priority. **–ANI**